

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 20:4 undifferentiated (g) ; 20:4 n-6 (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: 100 g  
Report Run at: February 11, 2016 10:44 EST

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04594	Fish oil, sardine	1.76	--
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	1.27	--
04591	Fish oil, menhaden	1.17	--
01137	Egg, yolk, dried	0.98	--
04589	Fish oil, cod liver	0.94	--
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	0.90	--
13331	Beef, variety meats and by-products, pancreas, raw	0.80	--
13332	Beef, variety meats and by-products, pancreas, cooked, braised	0.74	--
05025	Chicken, heart, all classes, raw	0.72	--
01133	Egg, whole, dried	0.71	--
04593	Fish oil, salmon	0.68	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	0.63	--
05026	Chicken, heart, all classes, cooked, simmered	0.61	--
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0.60	--
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0.57	--
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.56	--
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0.53	--
05028	Chicken, liver, all classes, cooked, simmered	0.51	--
05661	Chicken, liver, all classes, cooked, pan-fried	0.51	--
01210	Egg Mix, USDA Commodity	0.51	--
15012	Fish, caviar, black and red, granular	0.50	--
01126	Egg, yolk, raw, frozen, pasteurized	0.49	--
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0.49	--
05178	Turkey, liver, all classes, cooked, simmered	0.49	--
05021	Chicken, broilers or fryers, giblets, cooked, fried	0.48	--
05127	Chicken, stewing, giblets, raw	0.47	--
10096	Pork, fresh, variety meats and by-products, brain, raw	0.47	--
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	0.47	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.45	--
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0.44	--
10110	Pork, fresh, variety meats and by-products, liver, raw	0.44	--
01125	Egg, yolk, raw, fresh	0.44	--
17194	Veal, variety meats and by-products, heart, cooked, braised	0.41	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.40	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.40	--
13326	Beef, variety meats and by-products, liver, cooked, braised	0.40	--
05128	Chicken, stewing, giblets, cooked, simmered	0.38	--
05177	Turkey, liver, all classes, raw	0.38	--
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	0.37	--
17182	Game meat, raccoon, cooked, roasted	0.37	--
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.37	--
01134	Egg, whole, dried, stabilized, glucose reduced	0.37	--
17199	Lamb, variety meats and by-products, liver, raw	0.36	--
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.36	--
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	0.35	--
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.34	--
05027	Chicken, liver, all classes, raw	0.33	--
17203	Veal, variety meats and by-products, liver, cooked, braised	0.33	--
17147	Game meat, bear, cooked, simmered	0.32	--
17198	Veal, variety meats and by-products, kidneys, cooked, braised	0.32	--
01138	Egg, duck, whole, fresh, raw	0.32	--
13318	Beef, variety meats and by-products, brain, raw	0.32	--
15069	Fish, pompano, florida, cooked, dry heat	0.32	--
05115	Chicken, roasting, giblets, raw	0.31	--
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	0.31	--
13339	Beef, variety meats and by-products, tongue, raw	0.31	--
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	0.31	--
05172	Turkey, whole, giblets, cooked, simmered	0.31	--
05176	Turkey, heart, all classes, cooked, simmered	0.30	--
04575	Fat, turkey	0.30	--
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.30	--
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.30	--
05116	Chicken, roasting, giblets, cooked, simmered	0.29	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05126	Chicken, stewing, meat only, cooked, stewed	0.29	--
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.29	--
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0.29	--
04590	Fish oil, herring	0.29	--
15195	Fish, drum, freshwater, cooked, dry heat	0.29	--
15223	Fish, whitefish, mixed species, cooked, dry heat	0.29	--
03017	Babyfood, meat, turkey sticks, junior	0.28	--
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	0.28	--
05137	Chicken, capons, giblets, raw	0.28	--
01139	Egg, goose, whole, fresh, raw	0.28	--
05020	Chicken, broilers or fryers, giblets, raw	0.27	--
10103	Pork, fresh, variety meats and by-products, heart, raw	0.27	--
17186	Lamb, variety meats and by-products, brain, cooked, braised	0.27	--
15076	Fish, salmon, Atlantic, wild, raw	0.27	--
17202	Veal, variety meats and by-products, liver, raw	0.27	--
17284	Lamb, Australian, imported, fresh, separable fat, raw	0.26	--
05143	Duck, domesticated, liver, raw	0.26	--
83110	Fish, mackerel, salted	0.26	--
05171	Turkey, whole, giblets, raw	0.25	--
05124	Chicken, stewing, meat and skin, cooked, stewed	0.25	--
05138	Chicken, capons, giblets, cooked, simmered	0.25	--
05282	Pate de foie gras, canned (goose liver pate), smoked	0.25	--
07054	Pate, goose liver, smoked, canned	0.25	--
15214	Fish, seatrout, mixed species, cooked, dry heat	0.25	--
15068	Fish, pompano, florida, raw	0.25	--
15219	Fish, trout, mixed species, cooked, dry heat	0.24	--
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.24	--
17193	Veal, variety meats and by-products, heart, raw	0.24	--
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	0.24	--
15207	Fish, roe, mixed species, cooked, dry heat	0.23	--
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.23	--
05654	Ostrich, tenderloin, raw	0.23	--
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	0.23	--
17185	Lamb, variety meats and by-products, brain, raw	0.23	--
13323	Beef, variety meats and by-products, kidneys, raw	0.23	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
07919	Sausage, turkey, breakfast links, mild	0.23	--
15024	Fish, drum, freshwater, raw	0.22	--
15130	Fish, whitefish, mixed species, raw	0.22	--
05161	Squab, (pigeon), meat only, raw	0.22	--
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.22	--
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	0.21	--
05088	Chicken, broilers or fryers, neck, meat only, raw	0.21	--
05129	Chicken, stewing, light meat, meat only, raw	0.21	--
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	0.21	--
10174	Pork, fresh, variety meats and by-products, tail, raw	0.21	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	0.21	--
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.21	--
23507	USDA Commodity, beef, patties (100%), frozen, raw	0.21	--
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.21	--
05175	Turkey, heart, all classes, raw	0.20	--
01128	Egg, whole, cooked, fried	0.20	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0.20	--
21018	Fast foods, egg, scrambled	0.20	--
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.20	--
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0.20	--
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0.20	--
05125	Chicken, stewing, meat only, raw	0.20	--
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	0.20	--
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	0.20	--
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.20	--
15210	Fish, salmon, chinook, cooked, dry heat	0.20	--
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.20	--
15009	Fish, carp, cooked, dry heat	0.20	--
15093	Fish, seatrout, mixed species, raw	0.19	--
05170	Turkey, skin from whole (light and dark), roasted	0.19	--
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0.19	--
10864	Pork, bacon, rendered fat, cooked	0.19	--
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	0.19	--
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0.19	--
05131	Chicken, stewing, dark meat, meat only, raw	0.19	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0.19	--
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0.19	--
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.19	--
15114	Fish, trout, mixed species, raw	0.19	--
17184	Game meat, squirrel, cooked, roasted	0.19	--
01123	Egg, whole, raw, fresh	0.19	--
01131	Egg, whole, cooked, poached	0.19	--
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.19	--
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.19	--
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.19	--
42291	Peanut butter, reduced sodium	0.19	--
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	0.18	--
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0.18	--
10006	Pork, fresh, separable fat, raw	0.18	--
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.18	--
15046	Fish, mackerel, Atlantic, raw	0.18	--
01171	Egg, whole, raw, frozen, pasteurized	0.18	--
03938	Infant formula, PBM PRODUCTS, store brand, powder	0.18	--
15072	Fish, roe, mixed species, raw	0.18	--
17000	Veal, Australian, rib, rib roast, separable lean only, raw	0.18	--
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	0.18	--
10112	Pork, fresh, variety meats and by-products, lungs, raw	0.18	--
17163	Game meat, caribou, cooked, roasted	0.18	--
17197	Veal, variety meats and by-products, kidneys, raw	0.18	--
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0.18	--
10007	Pork, fresh, separable fat, cooked	0.18	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	0.18	--
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.18	--
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.18	--
07973	Turkey bacon, microwaved	0.18	--
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	0.17	--
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0.17	--
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.17	--
01255	Egg, whole, raw, frozen, salted, pasteurized	0.17	--
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.17	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.17	--
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0.17	--
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.17	--
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0.17	--
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	0.17	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0.17	--
05123	Chicken, stewing, meat and skin, raw	0.17	--
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.17	--
05653	Ostrich, round, raw	0.17	--
17114	Veal, rib, separable lean only, cooked, braised	0.17	--
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0.17	--
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	0.17	--
15082	Fish, salmon, coho, wild, cooked, moist heat	0.17	--
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	0.17	--
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	0.17	--
10861	Pork, cured, bacon, cooked, microwaved	0.17	--
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.17	--
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.17	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.17	--
15051	Fish, mackerel, spanish, raw	0.17	--
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.16	--
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	0.16	--
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.16	--
43282	Quail, cooked, total edible	0.16	--
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.16	--
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.16	--
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0.16	--
05160	Squab, (pigeon), meat and skin, raw	0.16	--
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	0.16	--
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0.16	--
05647	Ostrich, inside strip, cooked	0.16	--
05648	Ostrich, outside leg, raw	0.16	--
07071	Salami, dry or hard, pork	0.16	--
17111	Veal, rib, separable lean and fat, cooked, braised	0.16	--
17145	Game meat, antelope, cooked, roasted	0.16	--

<b>NDB_No</b>	<b>Description</b>	<b>20:4 undifferentiated(g) Value Per</b>	<b>20:4 n-6(g) Value Per</b>
43366	Turkey, wing, smoked, cooked, with skin, bone removed	0.16	--
15052	Fish, mackerel, spanish, cooked, dry heat	0.16	--
01130	Egg, whole, cooked, omelet	0.16	--
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0.16	--
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.16	--
17358	Lamb, New Zealand, imported, brains, raw	0.16	--
15154	Crustaceans, spiny lobster, mixed species, raw	0.15	--
15216	Fish, spot, cooked, dry heat	0.15	--
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.15	--
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0.15	--
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	0.15	--
10860	Pork, cured, bacon, cooked, baked	0.15	--
15008	Fish, carp, raw	0.15	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.15	--
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0.15	--
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0.15	--
05193	Turkey, all classes, leg, meat and skin, raw	0.15	--
05307	Chicken, cornish game hens, meat and skin, raw	0.15	--
05309	Chicken, cornish game hens, meat only, raw	0.15	--
05657	Ostrich, top loin, raw	0.15	--
15113	Fish, tilefish, cooked, dry heat	0.15	--
17108	Veal, loin, separable lean only, cooked, braised	0.15	--
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.15	--
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.15	--
01129	Egg, whole, cooked, hard-boiled	0.15	--
15010	Fish, catfish, channel, wild, raw	0.15	--
19124	Baking chocolate, mexican, squares	0.15	--
15078	Fish, salmon, chinook, raw	0.15	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.15	--
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.15	--
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.15	--
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.15	--
05714	Turkey, skin, from retail parts, from dark meat, raw	0.15	--
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.15	--
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.15	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.14	--
15003	Fish, bass, fresh water, mixed species, raw	0.14	--
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.14	--
17367	Lamb, New Zealand, imported, kidney, raw	0.14	--
07953	Pork sausage, link/patty, fully cooked, microwaved	0.14	--
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.14	--
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.14	--
13325	Beef, variety meats and by-products, liver, raw	0.14	--
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	0.14	--
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	0.14	--
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.14	--
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0.14	--
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.14	--
05053	Chicken, broilers or fryers, back, meat only, raw	0.14	--
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.14	--
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.14	--
05157	Quail, meat and skin, raw	0.14	--
05162	Squab, (pigeon), light meat without skin, raw	0.14	--
05284	Turkey, canned, meat only, with broth	0.14	--
05643	Ostrich, fan, raw	0.14	--
05644	Ostrich, inside leg, raw	0.14	--
05651	Ostrich, oyster, raw	0.14	--
05655	Ostrich, tip trimmed, raw	0.14	--
10005	Pork, fresh, belly, raw	0.14	--
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0.14	--
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.14	--
13328	Beef, variety meats and by-products, lungs, raw	0.14	--
15165	Mollusks, mussel, blue, cooked, moist heat	0.14	--
17162	Game meat, caribou, raw	0.14	--
17195	Lamb, variety meats and by-products, kidneys, raw	0.14	--
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.14	--
01132	Egg, whole, cooked, scrambled	0.14	--
05169	Turkey, skin from whole, (light and dark), raw	0.14	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.14	--
18175	Cookies, ladyfingers, with lemon juice and rind	0.14	--



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18423	Cookies, ladyfingers, without lemon juice and rind	0.14	--
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.14	--
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.14	--
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0.14	--
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.14	--
15075	Fish, sablefish, smoked	0.14	--
05622	Emu, ground, cooked, pan-broiled	0.14	--
07072	Salami, dry or hard, pork, beef	0.14	--
05631	Emu, oyster, raw	0.14	--
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.13	--
05674	Chicken, skin (drumsticks and thighs), raw	0.13	--
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.13	--
15081	Fish, salmon, coho, wild, raw	0.13	--
15208	Fish, sablefish, cooked, dry heat	0.13	--
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.13	--
15217	Fish, sucker, white, cooked, dry heat	0.13	--
07958	Turkey sausage, fresh, cooked	0.13	--
12014	Seeds, pumpkin and squash seed kernels, dried	0.13	--
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.13	--
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.13	--
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.13	--
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0.13	--
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.13	--
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0.13	--
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.13	--
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0.13	--
05645	Ostrich, inside leg, cooked	0.13	--
10146	Pork, cured, ham, patties, unheated	0.13	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.13	--
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.13	--
17105	Veal, loin, separable lean and fat, cooked, braised	0.13	--
17165	Game meat, deer, cooked, roasted	0.13	--
17424	Veal, ground, cooked, pan-fried	0.13	--
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.13	--
13321	Beef, variety meats and by-products, heart, raw	0.13	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01141	Egg, turkey, whole, fresh, raw	0.13	--
05306	Ground turkey, cooked	0.13	--
07967	Pork sausage, link/patty, fully cooked, unheated	0.13	--
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.13	--
07910	Bratwurst, veal, cooked	0.13	--
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.13	--
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	0.12	--
17369	Lamb, New Zealand, imported, liver, raw	0.12	--
07064	Pork sausage, link/patty, cooked, pan-fried	0.12	--
10894	Pork, cured, ham, separable fat, boneless, heated	0.12	--
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	0.12	--
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.12	--
15190	Fish, burbot, cooked, dry heat	0.12	--
15197	Fish, herring, Pacific, cooked, dry heat	0.12	--
01140	Egg, quail, whole, fresh, raw	0.12	--
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.12	--
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.12	--
15026	Fish, eel, mixed species, cooked, dry heat	0.12	--
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.12	--
10895	Pork, cured, ham, separable fat, boneless, unheated	0.12	--
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.12	--
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.12	--
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.12	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0.12	--
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.12	--
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0.12	--
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0.12	--
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	0.12	--
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0.12	--
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0.12	--
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0.12	--
05105	Chicken, broilers or fryers, wing, meat only, raw	0.12	--
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0.12	--
05158	Quail, meat only, raw	0.12	--
05236	Turkey, young hen, skin only, cooked, roasted	0.12	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05285	Turkey, diced, light and dark meat, seasoned	0.12	--
05652	Ostrich, oyster, cooked	0.12	--
05656	Ostrich, tip trimmed, cooked	0.12	--
07052	Pastrami, turkey	0.12	--
07065	Pork and beef sausage, fresh, cooked	0.12	--
07964	Frankfurter, meat and poultry, cooked, grilled	0.12	--
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	0.12	--
15103	Fish, spot, raw	0.12	--
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.12	--
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0.12	--
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.12	--
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.12	--
17115	Veal, rib, separable lean only, cooked, roasted	0.12	--
17144	Game meat, antelope, raw	0.12	--
17192	Lamb, variety meats and by-products, heart, cooked, braised	0.12	--
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.12	--
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.12	--
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.12	--
01002	Butter, whipped, with salt	0.12	--
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.12	--
10123	Pork, cured, bacon, unprepared	0.12	--
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.12	--
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.12	--
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.12	--
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.12	--
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.12	--
05174	Turkey, gizzard, all classes, cooked, simmered	0.12	--
07013	Bratwurst, pork, cooked	0.11	--
07963	Frankfurter, meat and poultry, cooked, boiled	0.11	--
15224	Fish, wolffish, Atlantic, cooked, dry heat	0.11	--
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.11	--
07057	Pepperoni, beef and pork, sliced	0.11	--
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.11	--
43287	Dove, cooked (includes squab)	0.11	--
05621	Emu, ground, raw	0.11	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.11	--
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.11	--
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	--
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.11	--
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0.11	--
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0.11	--
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0.11	--
05013	Chicken, broilers or fryers, meat only, roasted	0.11	--
05014	Chicken, broilers or fryers, meat only, stewed	0.11	--
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0.11	--
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0.11	--
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.11	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.11	--
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0.11	--
05112	Chicken, roasting, meat and skin, cooked, roasted	0.11	--
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	0.11	--
05668	Ground turkey, 85% lean, 15% fat, raw	0.11	--
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.11	--
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.11	--
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.11	--
07969	Kielbasa, fully cooked, pan-fried	0.11	--
10001	Pork, fresh, carcass, separable lean and fat, raw	0.11	--
10004	Pork, fresh, backfat, raw	0.11	--
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	0.11	--
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.11	--
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0.11	--
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	0.11	--
15098	Fish, sheepshead, cooked, dry heat	0.11	--
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.11	--
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.11	--
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.11	--
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	0.11	--
17109	Veal, loin, separable lean only, cooked, roasted	0.11	--
17112	Veal, rib, separable lean and fat, cooked, roasted	0.11	--
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	0.11	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17132	Veal, shoulder, blade, separable lean only, cooked, braised	0.11	--
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	0.11	--
17138	Veal, sirloin, separable lean only, cooked, braised	0.11	--
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	0.11	--
17159	Game meat, boar, wild, cooked, roasted	0.11	--
17167	Game meat, elk, cooked, roasted	0.11	--
17210	Lamb, variety meats and by-products, pancreas, raw	0.11	--
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.11	--
01144	Egg substitute, powder	0.11	--
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.11	--
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.11	--
07968	Kielbasa, fully cooked, grilled	0.11	--
15115	Fish, trout, rainbow, wild, raw	0.11	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	0.11	--
05665	Ground turkey, 93% lean, 7% fat, raw	0.11	--
07955	Turkey sausage, fresh, raw	0.11	--
07962	Frankfurter, meat and poultry, unheated	0.11	--
15095	Fish, shark, mixed species, raw	0.11	--
05180	Turkey from whole, neck, meat only, cooked, simmered	0.11	--
05736	Turkey, retail parts, drumstick, meat and skin, raw	0.11	--
07063	Pork sausage, link/patty, unprepared	0.11	--
07254	Turkey bacon, unprepared	0.11	--
07960	Bologna, chicken, pork	0.11	--
15250	Mollusks, conch, baked or broiled	0.11	--
05333	Chicken, ground, crumbles, cooked, pan-browned	0.11	--
07957	Pork and turkey sausage, pre-cooked	0.11	--
15014	Fish, cisco, smoked	0.11	--
15097	Fish, sheepshead, raw	0.11	--
05354	USDA Commodity, turkey taco meat, frozen, cooked	0.10	--
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0.10	--
02011	Spices, cloves, ground	0.10	--
05024	Chicken, gizzard, all classes, cooked, simmered	0.10	--
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.10	--
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.10	--
07950	Frankfurter, meat	0.10	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
15074	Fish, sablefish, raw	0.10	--
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.10	--
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.10	--
05716	Turkey, retail parts, drumstick, meat only, raw	0.10	--
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.10	--
15107	Fish, sucker, white, raw	0.10	--
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10	--
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	0.10	--
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.10	--
07952	Bologna, chicken, turkey, pork	0.10	--
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.10	--
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.10	--
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	0.10	--
07949	Frankfurter, meat, heated	0.10	--
07970	Kielbasa, fully cooked, unheated	0.10	--
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0.10	--
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0.10	--
04502	Oil, cottonseed, salad or cooking	0.10	--
04542	Fat, chicken	0.10	--
04702	Oil, industrial, cottonseed, fully hydrogenated	0.10	--
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0.10	--
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.10	--
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0.10	--
05043	Chicken, broilers or fryers, dark meat, meat only, raw	0.10	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.10	--
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.10	--
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.10	--
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.10	--
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0.10	--
05114	Chicken, roasting, meat only, cooked, roasted	0.10	--
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.10	--
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0.10	--
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	0.10	--
05303	Poultry, mechanically deboned, from mature hens, raw	0.10	--
07053	Pate, chicken liver, canned	0.10	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
07971	Bologna, meat and poultry	0.10	--
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	0.10	--
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0.10	--
15090	Fish, scup, raw	0.10	--
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0.10	--
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	--
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.10	--
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	0.10	--
17106	Veal, loin, separable lean and fat, cooked, roasted	0.10	--
17113	Veal, rib, separable lean only, raw	0.10	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.10	--
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	0.10	--
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.10	--
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	0.10	--
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	0.10	--
17135	Veal, sirloin, separable lean and fat, cooked, braised	0.10	--
17161	Game meat, buffalo, water, cooked, roasted	0.10	--
17164	Game meat, deer, raw	0.10	--
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	--
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.10	--
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.10	--
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.10	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.10	--
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0.10	--
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.10	--
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.10	--
05080	Chicken, broilers or fryers, leg, meat only, raw	0.10	--
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.10	--
05305	Ground turkey, raw	0.10	--
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.10	--
15011	Fish, catfish, channel, cooked, breaded and fried	0.10	--
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0.10	--
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.10	--
15056	Fish, mullet, striped, cooked, dry heat	0.10	--
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	0.10	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.10	--
05173	Turkey, gizzard, all classes, raw	0.10	--
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.10	--
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.10	--
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.10	--
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0.10	--
15006	Fish, burbot, raw	0.10	--
15043	Fish, herring, Pacific, raw	0.10	--
15055	Fish, mullet, striped, raw	0.10	--
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.10	--
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.10	--
06626	Sauce, pesto, ready-to-serve, refrigerated	0.10	--
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.10	--
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.10	--
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.10	--
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0.10	--
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.10	--
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.10	--
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0.10	--
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10	--
15025	Fish, eel, mixed species, raw	0.10	--
15238	Fish, salmon, coho, farmed, raw	0.10	--
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.09	--
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.09	--
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.09	--
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0.09	--
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.09	--
17142	Veal, ground, raw	0.09	--
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.09	--
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.09	--
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.09	--
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.09	--
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.09	--
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.09	--
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	0.09	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21014	Fast foods, croissant, with egg, cheese, and sausage	0.09	--
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.09	--
05742	Turkey, retail parts, thigh, meat and skin, raw	0.09	--
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0.09	--
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0.09	--
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.09	--
15020	Fish, croaker, Atlantic, raw	0.09	--
15094	Fish, shad, american, raw	0.09	--
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.09	--
15236	Fish, salmon, Atlantic, farmed, raw	0.09	--
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	0.09	--
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.09	--
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.09	--
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.09	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.09	--
17373	Lamb, New Zealand, imported, heart, raw	0.09	--
05015	Chicken, broilers or fryers, skin only, raw	0.09	--
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	0.09	--
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.09	--
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.09	--
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0.09	--
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0.09	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	0.09	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.09	--
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	0.09	--
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.09	--
05119	Chicken, roasting, dark meat, meat only, raw	0.09	--
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0.09	--
05191	Turkey, all classes, breast, meat and skin, raw	0.09	--
05195	Turkey, all classes, wing, meat and skin, raw	0.09	--
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.09	--
05300	Turkey sticks, breaded, battered, fried	0.09	--
05663	Ground turkey, fat free, pan-broiled crumbles	0.09	--
07019	Chorizo, pork and beef	0.09	--
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.09	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
07959	Bologna, chicken, pork, beef	0.09	--
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.09	--
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.09	--
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.09	--
10072	Pork, fresh, shoulder, whole, separable lean only, raw	0.09	--
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	0.09	--
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.09	--
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0.09	--
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	0.09	--
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0.09	--
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0.09	--
15274	Fish, trout, brook, raw, New York State	0.09	--
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.09	--
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	0.09	--
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.09	--
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.09	--
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.09	--
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.09	--
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.09	--
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.09	--
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.09	--
17110	Veal, rib, separable lean and fat, raw	0.09	--
17126	Veal, shoulder, arm, separable lean only, cooked, braised	0.09	--
17139	Veal, sirloin, separable lean only, cooked, roasted	0.09	--
17143	Veal, ground, cooked, broiled	0.09	--
17166	Game meat, elk, raw	0.09	--
17173	Game meat, moose, cooked, roasted	0.09	--
17191	Lamb, variety meats and by-products, heart, raw	0.09	--
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.09	--
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.09	--
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.09	--
19169	Egg custards, dry mix	0.09	--
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.09	--
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.09	--
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	0.09	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.09	--
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.09	--
15134	Fish, wolffish, Atlantic, raw	0.09	--
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	0.09	--
05179	Turkey from whole, neck, meat only, raw	0.09	--
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.09	--
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.09	--
07075	Sausage, smoked link sausage, pork and beef	0.09	--
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.09	--
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.09	--
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.09	--
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.09	--
15142	Crustaceans, crab, blue, crab cakes, home recipe	0.09	--
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	0.09	--
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.09	--
21357	McDONALD'S, Egg McMUFFIN	0.09	--
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.09	--
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.09	--
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.09	--
05188	Turkey, from whole, dark meat, cooked, roasted	0.09	--
05216	Turkey, back, from whole bird, meat only, roasted	0.09	--
05336	USDA Commodity Chicken, canned, meat only, drained	0.09	--
05632	Emu, top loin, cooked, broiled	0.09	--
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.09	--
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.09	--
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.09	--
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.09	--
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.09	--
05741	Turkey, thigh, from whole bird, meat only, roasted	0.09	--
07070	Salami, cooked, turkey	0.09	--
07965	Pork sausage, link/patty, reduced fat, unprepared	0.09	--
07979	Sausage, pork, turkey, and beef, reduced sodium	0.09	--
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.09	--
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.09	--
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.09	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.09	--
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0.09	--
15233	Fish, catfish, channel, wild, cooked, dry heat	0.09	--
05023	Chicken, gizzard, all classes, raw	0.09	--
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.09	--
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.09	--
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.09	--
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.09	--
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0.09	--
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.09	--
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.09	--
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.08	--
07927	Sausage, Italian, turkey, smoked	0.08	--
07929	Sausage, turkey, hot, smoked	0.08	--
10158	USDA Commodity, pork, canned	0.08	--
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.08	--
21340	McDONALD'S, Sausage Burrito	0.08	--
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0.08	--
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0.08	--
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.08	--
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.08	--
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	0.08	--
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.08	--
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.08	--
05706	Turkey, whole, meat and skin, with added solution, raw	0.08	--
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.08	--
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.08	--
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0.08	--
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.08	--
15111	Fish, swordfish, cooked, dry heat	0.08	--
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0.08	--
05734	Turkey, retail parts, wing, meat and skin, raw	0.08	--
15042	Fish, herring, Atlantic, kippered	0.08	--
15159	Mollusks, clam, mixed species, cooked, moist heat	0.08	--
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0.08	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.08	--
21005	Fast Foods, biscuit, with egg and sausage	0.08	--
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.08	--
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.08	--
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.08	--
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.08	--
17330	Game meat , bison, ground, raw	0.08	--
17344	Game meat, deer, ground, cooked, pan-broiled	0.08	--
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0.08	--
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.08	--
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.08	--
05006	Chicken, broilers or fryers, meat and skin, raw	0.08	--
05011	Chicken, broilers or fryers, meat only, raw	0.08	--
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.08	--
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.08	--
05113	Chicken, roasting, meat only, raw	0.08	--
05117	Chicken, roasting, light meat, meat only, raw	0.08	--
05136	Chicken, capons, meat and skin, cooked, roasted	0.08	--
05159	Quail, breast, meat only, raw	0.08	--
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0.08	--
05353	USDA Commodity, chicken fajita strips, frozen	0.08	--
05658	Ostrich, top loin, cooked	0.08	--
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.08	--
05717	Turkey, retail parts, thigh, meat only, raw	0.08	--
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.08	--
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.08	--
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.08	--
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	0.08	--
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.08	--
10106	Pork, fresh, variety meats and by-products, kidneys, raw	0.08	--
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0.08	--
10165	Pork, cured, salt pork, raw	0.08	--
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	0.08	--
10192	Pork, fresh, backribs, separable lean and fat, raw	0.08	--
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	0.08	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0.08	--
10219	Pork, fresh, ground, raw	0.08	--
10220	Pork, fresh, ground, cooked	0.08	--
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.08	--
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.08	--
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.08	--
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.08	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.08	--
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.08	--
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.08	--
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.08	--
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.08	--
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.08	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.08	--
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	0.08	--
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0.08	--
17095	Veal, leg (top round), separable lean and fat, cooked, braised	0.08	--
17100	Veal, leg (top round), separable lean only, cooked, braised	0.08	--
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	0.08	--
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0.08	--
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	0.08	--
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0.08	--
17158	Game meat, boar, wild, raw	0.08	--
17169	Game meat, goat, cooked, roasted	0.08	--
17221	Lamb, variety meats and by-products, tongue, cooked, braised	0.08	--
17224	Lamb, ground, raw	0.08	--
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08	--
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	--
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	--
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.08	--
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	--
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	--
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	0.08	--
17339	Game meat, elk, ground, cooked, pan-broiled	0.08	--
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.08	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.08	--
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.08	--
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	0.08	--
42286	Babyfood, green beans and turkey, strained	0.08	--
36615	DENNY'S, top sirloin steak	0.08	--
05664	Ground turkey, fat free, patties, broiled	0.08	--
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.08	--
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.08	--
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.08	--
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.08	--
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.08	--
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0.08	--
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.08	--
15108	Fish, sunfish, pumpkin seed, raw	0.08	--
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.08	--
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.08	--
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.08	--
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.08	--
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.08	--
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.08	--
10972	Pork, ground, 84% lean / 16% fat, raw	0.08	--
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.08	--
15018	Fish, cod, Atlantic, dried and salted	0.08	--
15132	Fish, whiting, mixed species, raw	0.08	--
15196	Fish, halibut, greenland, cooked, dry heat	0.08	--
15230	Mollusks, octopus, common, cooked, moist heat	0.08	--
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0.08	--
17338	Game meat, elk, ground, raw	0.08	--
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0.08	--
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.08	--
32020	Chicken, thighs, frozen, breaded, reheated	0.08	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.08	--
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	--
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.08	--
36608	CRACKER BARREL, grilled sirloin steak	0.08	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05312	Chicken, wing, frozen, glazed, barbecue flavored	0.08	--
05707	Turkey, whole, meat and skin, with added solution, roasted	0.08	--
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.08	--
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.08	--
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	0.08	--
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.08	--
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0.08	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0.08	--
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.08	--
15040	Fish, herring, Atlantic, cooked, dry heat	0.08	--
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.08	--
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	0.08	--
17331	Game meat, bison, ground, cooked, pan-broiled	0.08	--
05166	Turkey, whole, meat and skin, cooked, roasted	0.08	--
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.08	--
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.08	--
10898	Pork, pickled pork hocks	0.08	--
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.08	--
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.08	--
15231	Mollusks, oyster, Pacific, cooked, moist heat	0.08	--
21012	Fast foods, croissant, with egg, cheese, and bacon	0.08	--
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.08	--
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.08	--
05662	Ground turkey, fat free, raw	0.08	--
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.08	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.08	--
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.08	--
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.08	--
17278	Veal, shank (fore and hind), separable lean only, raw	0.08	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.08	--
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.08	--
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.08	--
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.08	--
05311	Chicken, canned, no broth	0.07	--
05332	Chicken, ground, raw	0.07	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.07	--
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.07	--
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.07	--
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.07	--
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0.07	--
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.07	--
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.07	--
15204	Fish, pike, walleye, cooked, dry heat	0.07	--
17276	Veal, shank (fore and hind), separable lean and fat, raw	0.07	--
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	0.07	--
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.07	--
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.07	--
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.07	--
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.07	--
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.07	--
35141	Mutton, cooked, roasted (Navajo)	0.07	--
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.07	--
36013	Restaurant, family style, sirloin steak	0.07	--
07011	Bologna, turkey	0.07	--
07021	Dutch brand loaf, chicken, pork and beef	0.07	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.07	--
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0.07	--
15080	Fish, salmon, chum, canned, drained solids with bone	0.07	--
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0.07	--
17377	Lamb, New Zealand, imported, testes, raw	0.07	--
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.07	--
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.07	--
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.07	--
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.07	--
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.07	--
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.07	--
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.07	--
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.07	--
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.07	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.07	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.07	--
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.07	--
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.07	--
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.07	--
15100	Fish, smelt, rainbow, cooked, dry heat	0.07	--
17218	Veal, variety meats and by-products, thymus, raw	0.07	--
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.07	--
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.07	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.07	--
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.07	--
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.07	--
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.07	--
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.07	--
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.07	--
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.07	--
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0.07	--
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.07	--
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.07	--
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.07	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.07	--
05133	Chicken, capons, meat and skin and giblets and neck, raw	0.07	--
05150	Goose, liver, raw	0.07	--
05151	Guinea hen, meat and skin, raw	0.07	--
05152	Guinea hen, meat only, raw	0.07	--
05277	Chicken, canned, meat only, with broth	0.07	--
05337	USDA Commodity, Chicken, canned, meat only, with water	0.07	--
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.07	--
05641	Ostrich, ground, raw	0.07	--
05650	Ostrich, outside strip, cooked	0.07	--
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0.07	--
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0.07	--
10024	Pork, fresh, loin, whole, separable lean only, raw	0.07	--
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0.07	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	0.07	--
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	0.07	--
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.07	--
10152	Pork, cured, ham, whole, separable lean only, unheated	0.07	--
10153	Pork, cured, ham, whole, separable lean only, roasted	0.07	--
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	0.07	--
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0.07	--
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.07	--
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.07	--
15110	Fish, swordfish, raw	0.07	--
15164	Mollusks, mussel, blue, raw	0.07	--
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0.07	--
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.07	--
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	0.07	--
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.07	--
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.07	--
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.07	--
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.07	--
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.07	--
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.07	--
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.07	--
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	0.07	--
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.07	--
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	0.07	--
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	0.07	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	0.07	--
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.07	--
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0.07	--
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	0.07	--
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	0.07	--
17137	Veal, sirloin, separable lean only, raw	0.07	--
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0.07	--
17157	Game meat, bison, separable lean only, cooked, roasted	0.07	--
17160	Game meat, buffalo, water, raw	0.07	--
17172	Game meat, moose, raw	0.07	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17225	Lamb, ground, cooked, broiled	0.07	--
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	--
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.07	--
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	--
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.07	--
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	--
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.07	--
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	0.07	--
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.07	--
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.07	--
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.07	--
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.07	--
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.07	--
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	0.07	--
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.07	--
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
15048	Fish, mackerel, jack, canned, drained solids	0.07	--
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.07	--
21003	Fast foods, biscuit, with egg and bacon	0.07	--
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.07	--
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.07	--
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.07	--
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.07	--
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.07	--
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0.07	--
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.07	--
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0.07	--
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0.07	--
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.07	--
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	0.07	--
10973	Pork, ground, 96% lean / 4% fat, raw	0.07	--
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
15170	Mollusks, oyster, eastern, canned	0.07	--
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.07	--
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.07	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0.07	--
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.07	--
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.07	--
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.07	--
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.07	--
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.07	--
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.07	--
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.07	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.07	--
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.07	--
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.07	--
15061	Fish, perch, mixed species, cooked, dry heat	0.07	--
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.07	--
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.07	--
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.07	--
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.07	--
36629	Restaurant, Chinese, orange chicken	0.07	--
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.07	--
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.07	--
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.07	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.07	--
32032	Sausage, egg and cheese breakfast biscuit	0.07	--
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.07	--
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	0.07	--
07972	Meatballs, frozen, Italian style	0.07	--
07978	Pork sausage, reduced sodium, cooked	0.07	--
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.07	--
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.07	--
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.07	--
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0.07	--
10998	Canadian bacon, cooked, pan-fried	0.07	--
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.07	--
15112	Fish, tilefish, raw	0.07	--
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.07	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21013	Fast foods, croissant, with egg, cheese, and ham	0.07	--
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0.07	--
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.07	--
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	0.06	--
05646	Ostrich, inside strip, raw	0.06	--
07002	Beerwurst, beer salami, pork and beef	0.06	--
07931	Beerwurst, pork and beef	0.06	--
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.06	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.06	--
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.06	--
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	0.06	--
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.06	--
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.06	--
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.06	--
18237	Cream puff shell, prepared from recipe	0.06	--
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.06	--
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.06	--
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.06	--
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.06	--
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.06	--
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	0.06	--
05624	Emu, fan fillet, cooked, broiled	0.06	--
07074	Smoked link sausage, pork	0.06	--
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.06	--
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.06	--
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.06	--
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.06	--
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.06	--
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.06	--
15199	Fish, lingcod, cooked, dry heat	0.06	--
17343	Game meat, deer, ground, raw	0.06	--
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.06	--
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.06	--
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.06	--
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.06	--
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.06	--
05168	Turkey, whole, meat only, cooked, roasted	0.06	--
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0.06	--
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.06	--
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.06	--
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.06	--
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.06	--
17285	Lamb, Australian, imported, fresh, separable fat, cooked	0.06	--
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.06	--
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.06	--
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.06	--
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.06	--
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.06	--
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.06	--
05111	Canada Goose, breast meat, skinless, raw	0.06	--
05705	Turkey, whole, meat only, with added solution, roasted	0.06	--
05732	Turkey, retail parts, breast, meat and skin, raw	0.06	--
07069	Salami, cooked, beef and pork	0.06	--
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.06	--
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.06	--
15104	Fish, sturgeon, mixed species, raw	0.06	--
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0.06	--
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.06	--
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.06	--
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	0.06	--
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.06	--
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	0.06	--
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	0.06	--
36606	CRACKER BARREL, farm raised catfish platter	0.06	--
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0.06	--
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.06	--
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0.06	--
15038	Fish, halibut, Greenland, raw	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21004	Fast foods, biscuit, with egg and ham	0.06	--
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	0.06	--
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.06	--
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.06	--
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.06	--
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.06	--
03021	Babyfood, meat, meat sticks, junior	0.06	--
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.06	--
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.06	--
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.06	--
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.06	--
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.06	--
05135	Chicken, capons, meat and skin, raw	0.06	--
05649	Ostrich, outside strip, raw	0.06	--
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.06	--
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.06	--
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.06	--
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.06	--
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.06	--
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.06	--
07006	Bockwurst, pork, veal, raw	0.06	--
07044	USDA Commodity, luncheon meat, canned	0.06	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0.06	--
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0.06	--
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0.06	--
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0.06	--
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.06	--
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	0.06	--
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.06	--
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0.06	--
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.06	--
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.06	--
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.06	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.06	--
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.06	--
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.06	--
15039	Fish, herring, Atlantic, raw	0.06	--
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	0.06	--
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.06	--
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.06	--
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.06	--
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	0.06	--
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.06	--
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	0.06	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.06	--
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0.06	--
17103	Veal, leg (top round), separable lean only, cooked, roasted	0.06	--
17125	Veal, shoulder, arm, separable lean only, raw	0.06	--
17134	Veal, sirloin, separable lean and fat, raw	0.06	--
17168	Goat, raw	0.06	--
17220	Lamb, variety meats and by-products, tongue, raw	0.06	--
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.06	--
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	--
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.06	--
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.06	--
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.06	--
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.06	--
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.06	--
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	--
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	--
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.06	--
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.06	--
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.06	--
36618	Restaurant, Chinese, general tso's chicken	0.06	--
36633	Restaurant, Chinese, sesame chicken	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.06	--
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.06	--
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.06	--
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.06	--
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0.06	--
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.06	--
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.06	--
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	0.06	--
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	0.06	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0.06	--
21002	Fast foods, biscuit, with egg	0.06	--
21306	Fast foods, griddle cake sandwich, sausage	0.06	--
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.06	--
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.06	--
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.06	--
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	--
01053	Cream, fluid, heavy whipping	0.06	--
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.06	--
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.06	--
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.06	--
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.06	--
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.06	--
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.06	--
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.06	--
15064	Fish, pike, walleye, raw	0.06	--
18134	Cake, sponge, prepared from recipe	0.06	--
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	--
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.06	--
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.06	--
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	--
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.06	--
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.06	--
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.06	--
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	0.06	--
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.06	--
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	0.06	--
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.06	--
05642	Ostrich, ground, cooked, pan-broiled	0.06	--
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.06	--
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.06	--
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.06	--
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.06	--
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.06	--
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.06	--
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.06	--
15032	Fish, grouper, mixed species, cooked, dry heat	0.06	--
17271	Veal, breast, whole, boneless, separable lean and fat, raw	0.06	--
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.06	--
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.06	--
05712	Turkey, retail parts, wing, meat only, raw	0.06	--
07951	Scrapple, pork	0.06	--
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.06	--
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.06	--
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.06	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.06	--
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.06	--
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0.06	--
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.06	--
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.06	--
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.06	--
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.06	--
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.06	--
21246	WENDY'S, Chicken Nuggets	0.06	--
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.06	--
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.06	--
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.06	--
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.06	--
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	--
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	--
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	--
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.06	--
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.06	--
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	--
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	--
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.06	--
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.06	--
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.06	--
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.06	--
36000	APPLEBEE'S, 9 oz house sirloin steak	0.06	--
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	0.06	--
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	--
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.06	--
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.06	--
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	0.06	--
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.06	--
05183	Turkey, dark meat, meat and skin, raw	0.06	--
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.06	--
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.06	--
15013	Fish, cisco, raw	0.06	--
15099	Fish, smelt, rainbow, raw	0.06	--
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.06	--
15139	Crustaceans, crab, blue, raw	0.06	--
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.06	--
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.06	--
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.06	--
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.06	--
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	--
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.06	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	0.05	--
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.05	--
07024	Frankfurter, chicken	0.05	--
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.05	--
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.05	--
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.05	--
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0.05	--
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.05	--
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.05	--
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	--
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.05	--
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.05	--
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.05	--
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.05	--
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
01009	Cheese, cheddar	0.05	--
01017	Cheese, cream	0.05	--
10102	Pork, fresh, variety meats and by-products, feet, raw	0.05	--
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.05	--
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0.05	--
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.05	--
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0.05	--
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.05	--
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.05	--
15106	Fish, sturgeon, mixed species, smoked	0.05	--
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.05	--
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.05	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.05	--
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.05	--
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.05	--
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0.05	--
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.05	--
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.05	--
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.05	--
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.05	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.05	--
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.05	--
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.05	--
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.05	--
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.05	--
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.05	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
15060	Fish, perch, mixed species, raw	0.05	--
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.05	--
18188	Cookies, peanut butter, refrigerated dough, baked	0.05	--
21020	Fast foods, english muffin, with cheese and sausage	0.05	--
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.05	--
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.05	--
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.05	--
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.05	--
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.05	--
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
93600	Turtle, green, raw	0.05	--
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0.05	--
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.05	--
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	--
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	--
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.05	--
03009	Babyfood, meat, ham, junior	0.05	--
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.05	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.05	--
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.05	--
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.05	--
10132	Pork, cured, feet, pickled	0.05	--
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.05	--
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.05	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.05	--
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.05	--
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.05	--
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.05	--
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.05	--
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.05	--
15126	Fish, tuna, white, canned in water, drained solids	0.05	--
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.05	--
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.05	--
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.05	--
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.05	--
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.05	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.05	--
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.05	--
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
01270	Cheese, cheddar, sharp, sliced	0.05	--
03015	Babyfood, meat, turkey, strained	0.05	--
03016	Babyfood, meat, turkey, junior	0.05	--
04025	Salad dressing, mayonnaise, regular	0.05	--
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.05	--
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.05	--
06627	Sauce, pesto, ready-to-serve, shelf stable	0.05	--
07008	Bologna, beef and pork	0.05	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0.05	--
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	0.05	--
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.05	--
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	0.05	--
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	0.05	--
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	0.05	--
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0.05	--
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	0.05	--
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.05	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.05	--
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.05	--
13001	Beef, carcass, separable lean and fat, choice, raw	0.05	--
13002	Beef, carcass, separable lean and fat, select, raw	0.05	--
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0.05	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.05	--
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.05	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.05	--
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.05	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.05	--
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.05	--
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.05	--
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.05	--
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.05	--
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.05	--
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.05	--
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.05	--
15242	Crustaceans, crayfish, mixed species, farmed, raw	0.05	--
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.05	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.05	--
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.05	--
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.05	--
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.05	--
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	0.05	--
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	0.05	--
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	0.05	--
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.05	--
17094	Veal, leg (top round), separable lean and fat, raw	0.05	--
17099	Veal, leg (top round), separable lean only, raw	0.05	--
17122	Veal, shoulder, arm, separable lean and fat, raw	0.05	--
17156	Game meat, bison, separable lean only, raw	0.05	--
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.05	--
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	--
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	--
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.05	--
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0.05	--
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.05	--
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.05	--
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.05	--
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.05	--
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.05	--
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	--
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.05	--
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.05	--
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.05	--
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.05	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	0.05	--
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	0.05	--
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.05	--
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.05	--
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.05	--
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.05	--
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.05	--
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.05	--
05710	Turkey, retail parts, breast, meat only, raw	0.05	--
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.05	--
10130	Canadian bacon, unprepared	0.05	--
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.05	--
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.05	--
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	0.05	--
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.05	--
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.05	--
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
15101	Fish, snapper, mixed species, raw	0.05	--
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.05	--
21309	McDONALD'S, Chicken McNUGGETS	0.05	--
22972	Pulled pork in barbecue sauce	0.05	--
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0.05	--
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.05	--
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.05	--
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.05	--
13341	Beef, variety meats and by-products, tripe, raw	0.05	--
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.05	--
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	0.05	--
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.05	--
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.05	--
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.05	--
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.05	--
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.05	--
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.05	--
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.05	--
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.05	--
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.05	--
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.05	--
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0.05	--
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.05	--
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.05	--
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.05	--
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0.05	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.05	--
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	--
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	0.05	--
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	0.05	--
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	--
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0.05	--
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.05	--
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.05	--
36023	APPLEBEE'S, chicken tenders platter	0.05	--
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.05	--
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.05	--
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.05	--
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.05	--
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.05	--
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.05	--
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.05	--
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.05	--
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0.05	--
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.05	--
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.05	--
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.05	--
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.05	--
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0.05	--
18189	Cookies, peanut butter, prepared from recipe	0.05	--
18946	Pie crust, refrigerated, regular, baked	0.05	--
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.05	--
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.05	--
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01040	Cheese, swiss	0.05	--
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.05	--
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.05	--
07937	Bologna, pork, turkey and beef	0.05	--
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.05	--
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.05	--
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.05	--
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.05	--
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	0.05	--
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.05	--
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.05	--
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.05	--
18027	Bread, egg	0.05	--
21362	McDONALD'S, Sausage Biscuit with Egg	0.05	--
21421	KFC, Crispy Chicken Strips	0.05	--
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.05	--
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.05	--
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.05	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.05	--
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.05	--
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.05	--
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	--
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.05	--
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.05	--
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	--
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.05	--
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.05	--
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	0.05	--
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	0.05	--
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	0.05	--
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	0.05	--
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	0.05	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	0.05	--
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	0.05	--
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	0.05	--
43497	Jellyfish, dried, salted	0.05	--
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.04	--
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.04	--
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.04	--
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.04	--
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0.04	--
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.04	--
01253	Cheese, pasteurized process, American, without added vitamin D	0.04	--
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.04	--
05181	Turkey from whole, light meat, meat and skin, raw	0.04	--
07939	Frankfurter, pork	0.04	--
07956	Beef sausage, fresh, cooked	0.04	--
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.04	--
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.04	--
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	--
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.04	--
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.04	--
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.04	--
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.04	--
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.04	--
15145	Crustaceans, crayfish, mixed species, wild, raw	0.04	--
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.04	--
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.04	--
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	0.04	--
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.04	--
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.04	--
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.04	--
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.04	--
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	--
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	--
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.04	--
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.04	--
05186	Turkey, all classes, light meat, cooked, roasted	0.04	--
05220	Turkey, breast, from whole bird, meat only, roasted	0.04	--
05228	Turkey, wing, from whole bird, meat only, roasted	0.04	--
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.04	--
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.04	--
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.04	--
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.04	--
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.04	--
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.04	--
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.04	--
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0.04	--
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.04	--
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.04	--
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.04	--
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.04	--
15102	Fish, snapper, mixed species, cooked, dry heat	0.04	--
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0.04	--
15234	Fish, catfish, channel, farmed, raw	0.04	--
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0.04	--
17148	Bison, ground, grass-fed, cooked	0.04	--
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0.04	--
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.04	--
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.04	--
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.04	--
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
23220	Beef, ground, unspecified fat content, cooked	0.04	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.04	--
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.04	--
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.04	--
23438	Beef, New Zealand, imported, sweetbread, raw	0.04	--
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	--
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.04	--
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.04	--
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.04	--
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0.04	--
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0.04	--
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	0.04	--
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0.04	--
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	0.04	--
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.04	--
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	0.04	--
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	0.04	--
36015	Restaurant, family style, chicken fingers, from kid's menu	0.04	--
36027	DENNY'S, chicken strips	0.04	--
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.04	--
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.04	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.04	--
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	0.04	--
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.04	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
15117	Fish, tuna, fresh, bluefin, raw	0.04	--
15137	Crustaceans, crab, alaska king, cooked, moist heat	0.04	--
15152	Crustaceans, shrimp, mixed species, canned	0.04	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.04	--
15240	Fish, trout, rainbow, farmed, raw	0.04	--
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.04	--
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.04	--
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.04	--
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	0.04	--
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.04	--
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	0.04	--
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.04	--
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.04	--
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.04	--
22973	Corn dogs, frozen, prepared	0.04	--
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.04	--
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
02026	Spices, onion powder	0.04	--
05165	Turkey, whole, meat and skin, raw	0.04	--
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.04	--
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.04	--
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.04	--
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.04	--
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.04	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.04	--
15227	Crustaceans, crab, queen, cooked, moist heat	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.04	--
20109	Noodles, egg, dry, enriched	0.04	--
20409	Noodles, egg, dry, unenriched	0.04	--
21341	McDONALD'S, BIG BREAKFAST	0.04	--
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.04	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	--
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.04	--
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.04	--
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.04	--
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.04	--
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.04	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.04	--
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.04	--
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	0.04	--
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	0.04	--
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.04	--
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	0.04	--
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	0.04	--
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.04	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	0.04	--
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.04	--
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0.04	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.04	--
36034	Restaurant, family style, chicken tenders	0.04	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.04	--
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0.04	--
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.04	--
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.04	--
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0.04	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.04	--
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.04	--
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.04	--
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.04	--
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.04	--
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.04	--
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.04	--
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.04	--
18948	Pie crust, refrigerated, regular, unbaked	0.04	--
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
01032	Cheese, parmesan, grated	0.04	--
03013	Babyfood, meat, chicken, junior	0.04	--
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	0.04	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	0.04	--
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	0.04	--
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.04	--
05047	Chicken, broilers or fryers, separable fat, raw	0.04	--
07954	Beef sausage, pre-cooked	0.04	--
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	0.04	--
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	0.04	--
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0.04	--
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0.04	--
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0.04	--
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	0.04	--
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0.04	--
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	0.04	--
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	0.04	--
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13149	Beef, rib, shortribs, separable lean only, choice, raw	0.04	--
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.04	--
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.04	--
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	--
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.04	--
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.04	--
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.04	--
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.04	--
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.04	--
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.04	--
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	--
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.04	--
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.04	--
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.04	--
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.04	--
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.04	--
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.04	--
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.04	--
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.04	--
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.04	--
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.04	--
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.04	--
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.04	--
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.04	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.04	--
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.04	--
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.04	--
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.04	--
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	0.04	--
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	0.04	--
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.04	--
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.04	--
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.04	--
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.04	--
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.04	--
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	0.04	--
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.04	--
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.04	--
19408	Snacks, pork skins, barbecue-flavor	0.04	--
21143	CHICK-FIL-A, Chick-n-Strips	0.04	--
21256	BURGER KING, Chicken Strips	0.04	--
21401	Fast foods, chicken tenders	0.04	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0.04	--
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.04	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.04	--
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.04	--
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.04	--
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.04	--
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	0.04	--
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	--
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.04	--
36020	T.G.I. FRIDAY'S, chicken fingers	0.04	--
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.04	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.04	--
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.04	--
23501	USDA Commodity, beef patties with VPP, frozen, cooked	0.04	--
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.04	--
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.04	--
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	0.04	--
01031	Cheese, neufchatel	0.04	--
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.04	--
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.04	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.04	--
05627	Emu, full rump, cooked, broiled	0.04	--
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0.04	--
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.04	--
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.04	--
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
15166	Mollusks, octopus, common, raw	0.04	--
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.04	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.04	--
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.04	--
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.04	--
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	0.04	--
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0.04	--
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.04	--
07029	Ham, sliced, regular (approximately 11% fat)	0.04	--
07935	Oven-roasted chicken breast roll	0.04	--
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0.04	--
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.04	--
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	--
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.04	--
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.04	--
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.04	--
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
15171	Mollusks, oyster, Pacific, raw	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
15211	Fish, salmon, chum, cooked, dry heat	0.04	--
16089	Peanuts, all types, oil-roasted, with salt	0.04	--
16389	Peanuts, all types, oil-roasted, without salt	0.04	--
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	0.04	--
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.04	--
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	0.04	--
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.04	--
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.04	--
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.04	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.04	--
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.04	--
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	0.04	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	0.04	--
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.04	--
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.04	--
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	--
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0.04	--
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	0.04	--
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.04	--
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	0.04	--
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.04	--
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	0.04	--
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.04	--
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.04	--
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.04	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	0.04	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.04	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.04	--
42137	Salad dressing, peppercorn dressing, commercial, regular	0.04	--
01227	Cheese, dry white, queso seco	0.04	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.04	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.04	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0.04	--
05704	Turkey, whole, meat only, with added solution, raw	0.04	--
07043	Roast beef, deli style, prepackaged, sliced	0.04	--
07936	Bologna, pork and turkey, lite	0.04	--
07974	Bacon, turkey, low sodium	0.04	--
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.04	--
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.04	--
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.04	--
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.04	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
15140	Crustaceans, crab, blue, cooked, moist heat	0.04	--
15141	Crustaceans, crab, blue, canned	0.04	--
17149	Bison, ground, grass-fed, raw	0.04	--
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.04	--
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	0.04	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.04	--
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.04	--
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0.04	--
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0.04	--
21507	WENDY'S, Double Stack, with cheese	0.04	--
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.04	--
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.04	--
01229	Cheese, white, queso blanco	0.04	--
01254	Cheese food, pasteurized process, American, without added vitamin D	0.04	--
05187	Turkey from whole, dark meat, meat only, raw	0.04	--
05740	Turkey, thigh, from whole bird, meat only, raw	0.04	--
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.04	--
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	0.04	--
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	--
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.04	--
15063	Fish, pike, northern, cooked, dry heat	0.04	--
16091	Peanuts, spanish, raw	0.04	--
16095	Peanuts, virginia, raw	0.04	--
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.04	--
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	0.04	--
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	0.04	--
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.04	--
18268	French toast, frozen, ready-to-heat	0.04	--
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.04	--
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.04	--
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	0.04	--
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0.04	--
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.04	--
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.04	--
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	--
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	--
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.04	--
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	--
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	0.04	--
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.04	--
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	0.04	--
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	--
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	--
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	--
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.04	--
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.04	--
23472	Beef, ground, 93% lean meat / 7% fat, raw	0.04	--
23477	Beef, ground, 97% lean meat / 3% fat, raw	0.04	--
23557	Beef, ground, 95% lean meat / 5% fat, raw	0.04	--
23562	Beef, ground, 90% lean meat / 10% fat, raw	0.04	--
23572	Beef, ground, 80% lean meat / 20% fat, raw	0.04	--
23577	Beef, ground, 75% lean meat / 25% fat, raw	0.04	--
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.04	--
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.04	--
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.04	--
35237	Tamales, masa and pork filling (Hopi)	0.04	--
01228	Cheese, fresh, queso fresco	0.04	--
01260	Cheese, cheddar, reduced fat	0.04	--
05356	Chicken, broiler, rotisserie, BBQ, skin	0.04	--
06128	Soup, chicken noodle, dry, mix	0.04	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.04	--
13166	USDA Commodity, beef, canned	0.04	--
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.04	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	0.04	--
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.04	--
13498	Beef, ground, 70% lean meat / 30% fat, raw	0.04	--
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.04	--
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	0.04	--
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0.04	--
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.04	--
15262	Fish, tilapia, cooked, dry heat	0.04	--
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.04	--
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.04	--
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.04	--
21009	Fast foods, biscuit, with sausage	0.04	--
21422	KFC, Popcorn Chicken	0.04	--
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0.04	--
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.04	--
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.03	--
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.03	--
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0.03	--
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.03	--
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.03	--
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.03	--
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.03	--
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.03	--
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.03	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.03	--
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.03	--
17340	Game meat, elk, loin, separable lean only, cooked, broiled	0.03	--
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.03	--
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.03	--
18133	Cake, sponge, commercially prepared	0.03	--
19085	Candies, confectioner's coating, butterscotch	0.03	--
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.03	--
21524	MCDONALD'S, RANCH SNACK WRAP, Grilled	0.03	--
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.03	--
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.03	--
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	0.03	--
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	0.03	--
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	--
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	--
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.03	--
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.03	--
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.03	--
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.03	--
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.03	--
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0.03	--
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.03	--
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.03	--
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
36412	Restaurant, Latino, tamale, pork	0.03	--
23506	USDA Commodity, beef patties with VPP, frozen, raw	0.03	--
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	0.03	--
35009	Whale, beluga, meat, dried (Alaska Native)	0.03	--
36051	ON THE BORDER, cheese quesadilla	0.03	--
36059	Restaurant, Italian, chicken parmesan without pasta	0.03	--
07007	Bologna, beef	0.03	--
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
15031	Fish, grouper, mixed species, raw	0.03	--
15144	Crustaceans, crab, queen, raw	0.03	--
15205	Fish, pollock, Atlantic, cooked, dry heat	0.03	--
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0.03	--
15245	Mollusks, oyster, eastern, farmed, raw	0.03	--
18256	Doughnuts, yeast-leavened, with jelly filling	0.03	--
21361	McDONALD'S, Sausage Biscuit	0.03	--
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.03	--
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	0.03	--
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0.03	--
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.03	--
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.03	--
07025	Frankfurter, turkey	0.03	--
11672	Potato pancakes	0.03	--
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.03	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.03	--
17104	Veal, loin, separable lean and fat, raw	0.03	--
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.03	--
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.03	--
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	0.03	--
21488	Fast foods, quesadilla, with chicken	0.03	--
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0.03	--
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	0.03	--
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.03	--
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	0.03	--
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.03	--
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.03	--
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.03	--
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.03	--
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.03	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	0.03	--
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.03	--
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.03	--
36617	Restaurant, Chinese, lemon chicken	0.03	--
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.03	--
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.03	--
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.03	--
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	0.03	--
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.03	--
36056	Restaurant, Mexican, cheese tamales	0.03	--
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.03	--
36619	Restaurant, Chinese, kung pao chicken	0.03	--
80200	Frog legs, raw	0.03	--
01029	Cheese, mozzarella, low moisture, part-skim	0.03	--
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.03	--
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.03	--
05167	Turkey, whole, meat only, raw	0.03	--
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0.03	--
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.03	--
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.03	--
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.03	--
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.03	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
15035	Fish, haddock, smoked	0.03	--
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.03	--
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	0.03	--
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.03	--
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.03	--
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.03	--
18400	Crackers, matzo, egg and onion	0.03	--
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21344	McDONALD'S, Double Cheeseburger	0.03	--
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.03	--
01182	USDA Commodity, cheese, cheddar, reduced fat	0.03	--
01209	Cheese, Mexican, blend, reduced fat	0.03	--
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.03	--
03012	Babyfood, meat, chicken, strained	0.03	--
03197	Babyfood, cereal, with egg yolks, strained	0.03	--
03198	Babyfood, cereal, with egg yolks, junior	0.03	--
04639	Salad dressing, ranch dressing, regular	0.03	--
05363	Ruffed Grouse, breast meat, skinless, raw	0.03	--
07940	Macaroni and cheese loaf, chicken, pork and beef	0.03	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	0.03	--
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0.03	--
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	0.03	--
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.03	--
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	0.03	--
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.03	--
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.03	--
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	0.03	--
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.03	--
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.03	--
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	0.03	--
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.03	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.03	--
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.03	--
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.03	--
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.03	--
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.03	--
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.03	--
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.03	--
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.03	--
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.03	--
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.03	--
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.03	--
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.03	--
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.03	--
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.03	--
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.03	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.03	--
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
15079	Fish, salmon, chum, raw	0.03	--
15148	Crustaceans, lobster, northern, cooked, moist heat	0.03	--
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	0.03	--
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	0.03	--
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	0.03	--
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	0.03	--
17107	Veal, loin, separable lean only, raw	0.03	--
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.03	--
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.03	--
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	0.03	--
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.03	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.03	--
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.03	--
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	0.03	--
19041	Snacks, pork skins, plain	0.03	--
19403	Snacks, crisped rice bar, almond	0.03	--
19415	Snacks, potato sticks	0.03	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.03	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	0.03	--
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0.03	--
21526	CHICK-FIL-A, chicken sandwich	0.03	--
22978	Chicken tenders, breaded, frozen, prepared	0.03	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	0.03	--
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.03	--
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.03	--
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0.03	--
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.03	--
23503	USDA Commodity, beef, patties (100%), frozen, cooked	0.03	--
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.03	--
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.03	--
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.03	--
27066	Sauce, horseradish	0.03	--
32031	Salisbury steak with gravy, frozen	0.03	--
36001	APPLEBEE'S, Double Crunch Shrimp	0.03	--
36052	Restaurant, Mexican, cheese quesadilla	0.03	--
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.03	--
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.03	--
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.03	--
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.03	--
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.03	--
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.03	--
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.03	--
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.03	--
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.03	--
32028	Turnover, filled with egg, meat and cheese, frozen	0.03	--
36403	Restaurant, Latino, empanadas, beef, prepared	0.03	--
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0.03	--
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.03	--
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.03	--
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.03	--
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.03	--
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	0.03	--
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.03	--
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.03	--
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.03	--
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.03	--
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.03	--
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.03	--
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0.03	--
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	0.03	--
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	0.03	--
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	0.03	--
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.03	--
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.03	--
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.03	--
18325	Pie, pecan, prepared from recipe	0.03	--
21008	Fast foods, biscuit, with ham	0.03	--
21096	Fast foods, cheeseburger; single, large patty; plain	0.03	--
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	0.03	--
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.03	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	0.03	--
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21506	BURGER KING, Double Cheeseburger	0.03	--
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.03	--
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.03	--
05185	Turkey from whole, light meat, raw	0.03	--
05219	Turkey, breast, from whole bird, meat only, raw	0.03	--
05227	Turkey, wing, from whole bird, meat only, raw	0.03	--
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0.03	--
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0.03	--
05738	Turkey, drumstick, from whole bird, meat only, raw	0.03	--
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.03	--
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0.03	--
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.03	--
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.03	--
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03	--
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.03	--
15016	Fish, cod, Atlantic, cooked, dry heat	0.03	--
15017	Fish, cod, Atlantic, canned, solids and liquid	0.03	--
15062	Fish, pike, northern, raw	0.03	--
17131	Veal, shoulder, blade chop, separable lean only, raw	0.03	--
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	0.03	--
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	0.03	--
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.03	--
18969	Cream puff, eclair, custard or cream filled, iced	0.03	--
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.03	--
21032	Fast foods, sundae, caramel	0.03	--
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.03	--
21355	McDONALD'S, McCHICKEN Sandwich	0.03	--
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.03	--
21508	WEND'YS, Crispy Chicken Sandwich	0.03	--
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.03	--
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.03	--
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	0.03	--
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.03	--
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.03	--
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.03	--
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	0.03	--
36019	APPLEBEE'S, chili	0.03	--
36037	Restaurant, family style, chili with meat and beans	0.03	--
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.03	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	0.03	--
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0.03	--
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.03	--
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	0.03	--
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	0.03	--
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	0.03	--
28348	Rolls, dinner, sweet	0.03	--
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.03	--
43274	Cheese, cream, low fat	0.03	--
01050	Cream, fluid, light (coffee cream or table cream)	0.03	--
05629	Emu, inside drums, cooked, broiled	0.03	--
06180	Soup, shark fin, restaurant-prepared	0.03	--
07912	Roast beef spread	0.03	--
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.03	--
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.03	--
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.03	--
15087	Fish, salmon, sockeye, canned, drained solids	0.03	--
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0.03	--
17375	Lamb, New Zealand, imported, sweetbread, raw	0.03	--
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.03	--
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.03	--
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.03	--
18154	Cookies, brownies, prepared from recipe	0.03	--
21010	Fast foods, biscuit, with crispy chicken fillet	0.03	--
21259	BURGER KING, Original Chicken Sandwich	0.03	--
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0.03	--
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0.03	--
21522	McDONALD'S, Southern Style Chicken Biscuit	0.03	--
01107	Milk, human, mature, fluid	0.03	--
03008	Babyfood, meat, ham, strained	0.03	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.03	--
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.03	--
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.03	--
15065	Fish, pollock, Atlantic, raw	0.03	--
15123	Fish, tuna, fresh, skipjack, raw	0.03	--
15147	Crustaceans, lobster, northern, raw	0.03	--
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	0.03	--
15253	Salmon, sockeye, canned, total can contents	0.03	--
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.03	--
17154	Veal, Australian, separable fat, raw	0.03	--
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0.03	--
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.03	--
18224	Crackers, rusk toast	0.03	--
18250	Doughnuts, cake-type, plain, sugared or glazed	0.03	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.03	--
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0.03	--
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.03	--
21611	School Lunch, chicken nuggets, whole grain breaded	0.03	--
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.03	--
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.03	--
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.03	--
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.03	--
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.03	--
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.03	--
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	0.03	--
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.03	--
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.03	--
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.03	--
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.03	--
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	0.03	--
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.03	--
36008	T.G.I. FRIDAY'S, fried mozzarella	0.03	--
36612	DENNY'S, golden fried shrimp	0.03	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.02	--
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.02	--
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0.02	--
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.02	--
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.02	--
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.02	--
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.02	--
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.02	--
36016	Restaurant, family style, shrimp, breaded and fried	0.02	--
36042	OLIVE GARDEN, lasagna classico	0.02	--
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.02	--
36622	Restaurant, Chinese, sweet and sour pork	0.02	--
01056	Cream, sour, cultured	0.02	--
03201	Babyfood, cereal, egg yolks and bacon, junior	0.02	--
11658	Spinach souffle	0.02	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02	--
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
15121	Fish, tuna, light, canned in water, drained solids	0.02	--
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.02	--
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.02	--
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.02	--
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.02	--
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.02	--
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.02	--
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.02	--
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.02	--
18103	Coffeecake, cheese	0.02	--
18954	Bread, pound cake type, pan de torta salvadoran	0.02	--
19168	Desserts, egg custard, baked, prepared-from-recipe	0.02	--
21089	Fast foods, cheeseburger; single, regular patty; plain	0.02	--
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0.02	--
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0.02	--
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0.02	--
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.02	--
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.02	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	0.02	--
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0.02	--
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.02	--
07900	Turkey, pork, and beef sausage, low fat, smoked	0.02	--
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.02	--
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.02	--
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.02	--
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.02	--
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.02	--
18105	Coffeecake, creme-filled with chocolate frosting	0.02	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	0.02	--
22911	Chili, no beans, canned entree	0.02	--
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	0.02	--
23418	Beef, New Zealand, imported, inside, raw	0.02	--
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.02	--
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.02	--
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.02	--
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.02	--
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.02	--
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.02	--
36041	Restaurant, Italian, lasagna with meat	0.02	--
36621	Restaurant, Chinese, sweet and sour chicken	0.02	--
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	0.02	--
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	0.02	--
36012	Restaurant, family style, fried mozzarella sticks	0.02	--
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.02	--
36050	Restaurant, Mexican, cheese enchilada	0.02	--
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.02	--
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.02	--
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.02	--
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.02	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	0.02	--
07914	Sausage, Italian, sweet, links	0.02	--
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02	--
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02	--
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.02	--
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.02	--
15260	Fish, salmon, pink, canned, drained solids	0.02	--
15261	Fish, tilapia, raw	0.02	--
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.02	--
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.02	--
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	0.02	--
17341	Game meat, elk, round, separable lean only, cooked, broiled	0.02	--
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	0.02	--
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.02	--
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.02	--
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.02	--
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.02	--
18155	Cookies, butter, commercially prepared, enriched	0.02	--
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.02	--
18421	Cookies, butter, commercially prepared, unenriched	0.02	--
21034	Fast foods, sundae, strawberry	0.02	--
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0.02	--
22906	Chicken pot pie, frozen entree, prepared	0.02	--
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.02	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.02	--
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.02	--
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.02	--
05623	Emu, fan fillet, raw	0.02	--
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02	--
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.02	--
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.02	--
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.02	--
15015	Fish, cod, Atlantic, raw	0.02	--
15167	Mollusks, oyster, eastern, wild, raw	0.02	--
15247	Fish, salmon, coho, wild, cooked, dry heat	0.02	--
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.02	--
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.02	--
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.02	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.02	--
18292	Pancakes, plain, dry mix, incomplete, prepared	0.02	--
18320	Pie, lemon meringue, commercially prepared	0.02	--
18355	Sweet rolls, cheese	0.02	--
21121	Fast foods, roast beef sandwich, plain	0.02	--
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.02	--
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.02	--
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.02	--
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0.02	--
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0.02	--
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0.02	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0.02	--
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0.02	--
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0.02	--
21527	ARBY'S, roast beef sandwich, classic	0.02	--
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	0.02	--
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	0.02	--
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	0.02	--
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.02	--
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.02	--
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.02	--
36049	ON THE BORDER, cheese enchilada	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
36414	Restaurant, Latino, tripe soup	0.02	--
36611	DENNY'S, mozzarella cheese sticks	0.02	--
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.02	--
23296	Beef, Australian, imported, grass-fed, external fat, raw	0.02	--
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.02	--
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.02	--
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.02	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.02	--
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.02	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	0.02	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	0.02	--
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.02	--
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.02	--
36004	APPLEBEE'S, mozzarella sticks	0.02	--
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.02	--
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.02	--
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.02	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.02	--
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.02	--
05625	Emu, flat fillet, raw	0.02	--
07944	Turkey, white, rotisserie, deli cut	0.02	--
09446	Plantains, green, fried	0.02	--
11656	Corn pudding, home prepared	0.02	--
11669	Seaweed, wakame, raw	0.02	--
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.02	--
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.02	--
15084	Fish, salmon, pink, canned, total can contents	0.02	--
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.02	--
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.02	--
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.02	--
17371	Lamb, New Zealand, imported, ground lamb, raw	0.02	--
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.02	--
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.02	--
18218	Crackers, matzo, egg	0.02	--
18317	Pie, egg custard, commercially prepared	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18367	Waffles, plain, prepared from recipe	0.02	--
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0.02	--
21107	Fast foods, hamburger; single, regular patty; plain	0.02	--
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.02	--
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.02	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0.02	--
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0.02	--
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.02	--
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.02	--
03010	Babyfood, meat, lamb, strained	0.02	--
03072	Babyfood, dinner, chicken stew, toddler	0.02	--
03199	Babyfood, cereal, with eggs, strained	0.02	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.02	--
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.02	--
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.02	--
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02	--
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02	--
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	0.02	--
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	0.02	--
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	0.02	--
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.02	--
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.02	--
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	0.02	--
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.02	--
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02	--
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.02	--
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.02	--
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.02	--
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.02	--
15086	Fish, salmon, sockeye, cooked, dry heat	0.02	--
15133	Fish, whiting, mixed species, cooked, dry heat	0.02	--
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	0.02	--
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	0.02	--
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	0.02	--
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	0.02	--
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.02	--
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.02	--
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.02	--
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.02	--
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	0.02	--
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.02	--
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	0.02	--
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.02	--
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.02	--
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.02	--
18280	Muffins, corn, dry mix, prepared	0.02	--
18328	Pie, vanilla cream, prepared from recipe	0.02	--
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.02	--
19021	Snacks, granola bars, soft, uncoated, peanut butter	0.02	--
19420	Snacks, granola bars, hard, peanut butter	0.02	--
20647	Millet flour	0.02	--
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0.02	--
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0.02	--
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	0.02	--
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.02	--
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	0.02	--
21242	WENDY'S, Jr. Hamburger, with cheese	0.02	--
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21251	BURGER KING, Cheeseburger	0.02	--
21263	TACO BELL, Soft Taco with steak	0.02	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.02	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.02	--
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0.02	--
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0.02	--
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0.02	--
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.02	--
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.02	--
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02	--
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.02	--
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.02	--
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	0.02	--
36032	DENNY'S, spaghetti and meatballs	0.02	--
36038	Restaurant, family style, spaghetti and meatballs	0.02	--
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0.02	--
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.02	--
36626	Restaurant, Chinese, chicken and vegetables	0.02	--
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.02	--
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.02	--
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.02	--
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0.02	--
36605	CRACKER BARREL, country fried shrimp platter	0.02	--
43285	Eggs, scrambled, frozen mixture	0.02	--
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.02	--
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.02	--
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.02	--
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.02	--
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.02	--
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.02	--
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.02	--
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.02	--
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.02	--
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.02	--
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.02	--
06963	Fish broth	0.02	--
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.02	--
15232	Fish, roughy, orange, cooked, dry heat	0.02	--
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.02	--
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.02	--
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.02	--
18028	Bread, egg, toasted	0.02	--
18101	Cake, chocolate, prepared from recipe without frosting	0.02	--
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.02	--
18240	Croissants, apple	0.02	--
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	0.02	--
18390	Pancakes, buttermilk, prepared from recipe	0.02	--
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.02	--
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.02	--
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.02	--
21202	Fast foods, hamburger, large, single patty, with condiments	0.02	--
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0.02	--
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0.02	--
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	0.02	--
01049	Cream, fluid, half and half	0.02	--
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.02	--
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.02	--
04018	Salad dressing, mayonnaise type, regular, with salt	0.02	--
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.02	--
07928	Sausage, chicken, beef, pork, skinless, smoked	0.02	--
13355	Beef, cured, pastrami	0.02	--
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.02	--
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.02	--
15178	Mollusks, whelk, unspecified, cooked, moist heat	0.02	--
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.02	--
16098	Peanut butter, smooth style, with salt	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
16398	Peanut butter, smooth style, without salt	0.02	--
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.02	--
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.02	--
18186	Cookies, peanut butter, commercially prepared, soft-type	0.02	--
18293	Pancakes, plain, prepared from recipe	0.02	--
18321	Pie, lemon meringue, prepared from recipe	0.02	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.02	--
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.02	--
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.02	--
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.02	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0.02	--
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.02	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.02	--
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0.02	--
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.02	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.02	--
21486	Fast foods, taco with beef, cheese and lettuce, soft	0.02	--
22902	Pizza, meat topping, thick crust, frozen, cooked	0.02	--
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.02	--
22962	LEAN POCKETS, Ham N Cheddar	0.02	--
23431	Beef, New Zealand, imported, ribs prepared, raw	0.02	--
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.02	--
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.02	--
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.02	--
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.02	--
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.02	--
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.02	--
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0.02	--
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.02	--
03005	Babyfood, meat, veal, strained	0.02	--
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.02	--
04641	Salad dressing, mayonnaise, light	0.02	--
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.02	--
15085	Fish, salmon, sockeye, raw	0.02	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
15160	Mollusks, clam, mixed species, canned, drained solids	0.02	--
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.02	--
18146	Cake, yellow, prepared from recipe without frosting	0.02	--
18192	Cookies, shortbread, commercially prepared, plain	0.02	--
18212	Cookies, vanilla wafers, lower fat	0.02	--
18294	Pancakes, blueberry, prepared from recipe	0.02	--
18344	Rolls, dinner, egg	0.02	--
21108	Fast foods, hamburger; single, regular patty; with condiments	0.02	--
21228	McDONALD'S, Hamburger	0.02	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.02	--
21250	BURGER KING, Hamburger	0.02	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.02	--
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.02	--
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02	--
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02	--
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02	--
15212	Fish, salmon, pink, cooked, dry heat	0.02	--
16090	Peanuts, all types, dry-roasted, with salt	0.02	--
16390	Peanuts, all types, dry-roasted, without salt	0.02	--
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.02	--
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	0.02	--
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.02	--
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.02	--
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.02	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.02	--
18304	Pie, banana cream, prepared from recipe	0.02	--
18940	Muffin, blueberry, commercially prepared, low-fat	0.02	--
19002	Snacks, beef jerky, chopped and formed	0.02	--
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0.02	--
22963	Lean Pockets, Meatballs & Mozzarella	0.02	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.02	--
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.02	--
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.02	--
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	0.02	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
36623	Restaurant, Chinese, chicken chow mein	0.02	--
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.02	--
36028	DENNY'S, coleslaw	0.02	--
36040	CRACKER BARREL, macaroni n' cheese	0.02	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.02	--
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.02	--
05628	Emu, inside drum, raw	0.02	--
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	0.02	--
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.02	--
15028	Fish, flatfish (flounder and sole species), raw	0.02	--
15070	Fish, rockfish, Pacific, mixed species, raw	0.02	--
15127	Fish, tuna, fresh, yellowfin, raw	0.02	--
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0.02	--
17435	Veal, shank, separable lean and fat, raw	0.02	--
18270	Hush puppies, prepared from recipe	0.02	--
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.02	--
21033	Fast foods, sundae, hot fudge	0.02	--
21266	TACO BELL, BURRITO SUPREME with chicken	0.02	--
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0.02	--
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0.02	--
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	0.02	--
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.01	--
05626	Emu, full rump, raw	0.01	--
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01	--
15036	Fish, halibut, Atlantic and Pacific, raw	0.01	--
15083	Fish, salmon, pink, raw	0.01	--
15109	Fish, surimi	0.01	--
15124	Fish, tuna, white, canned in oil, drained solids	0.01	--
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.01	--
17428	Veal, shank, separable lean only, raw	0.01	--
18019	Bread, banana, prepared from recipe, made with margarine	0.01	--
18164	Cookies, chocolate chip, refrigerated dough, baked	0.01	--
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.01	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.01	--
18433	Danish pastry, lemon, unenriched	0.01	--
18435	Danish pastry, raspberry, unenriched	0.01	--
19089	Ice creams, vanilla, rich	0.01	--
19170	Egg custards, dry mix, prepared with whole milk	0.01	--
19205	Egg custards, dry mix, prepared with 2% milk	0.01	--
20097	Pasta, homemade, made with egg, cooked	0.01	--
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.01	--
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0.01	--
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0.01	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.01	--
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.01	--
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.01	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	0.01	--
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0.01	--
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	0.01	--
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0.01	--
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.01	--
36603	Restaurant, Chinese, beef and vegetables	0.01	--
35144	Stew, dumpling with mutton (Navajo)	0.01	--
35147	Tamales (Navajo)	0.01	--
36018	APPLEBEE'S, fish, hand battered	0.01	--
36029	DENNY'S, fish fillet, battered or breaded, fried	0.01	--
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.01	--
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.01	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.01	--
02037	Spices, saffron	0.01	--
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.01	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.01	--
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.01	--
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.01	--
05630	Emu, outside drum, raw	0.01	--
06749	Soup, beef and vegetables, canned, ready-to-serve	0.01	--
15163	Mollusks, cuttlefish, mixed species, raw	0.01	--
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0.01	--
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.01	--
18206	Cookies, sugar, refrigerated dough, baked	0.01	--
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.01	--
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.01	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.01	--
21141	BURGER KING, Vanilla Shake	0.01	--
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.01	--
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0.01	--
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.01	--
22971	Potato salad with egg	0.01	--
04703	Salad dressing, honey mustard, regular	0.01	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.01	--
11445	Seaweed, kelp, raw	0.01	--
13047	Beef, grass-fed, ground, raw	0.01	--
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.01	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01	--
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.01	--
15270	Crustaceans, shrimp, raw (not previously frozen)	0.01	--
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	0.01	--
18003	Bagels, egg	0.01	--
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.01	--
18147	Cheesecake commercially prepared	0.01	--
18185	Cookies, peanut butter, commercially prepared, regular	0.01	--
18254	Doughnuts, yeast-leavened, with creme filling	0.01	--
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.01	--
18377	Cookies, oatmeal, prepared from recipe, without raisins	0.01	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.01	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.01	--
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.01	--
21241	WENDY'S, Jr. Hamburger, without cheese	0.01	--
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.01	--
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.01	--
22953	Egg rolls, pork, refrigerated, heated	0.01	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0.01	--
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.01	--
36025	CRACKER BARREL, coleslaw	0.01	--
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.01	--
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.01	--
35146	Stew, mutton, corn, squash (Navajo)	0.01	--
36035	Restaurant, family style, coleslaw	0.01	--
36045	ON THE BORDER, refried beans	0.01	--
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.01	--
06174	Soup, stock, fish, home-prepared	0.01	--
07039	Lebanon bologna, beef	0.01	--
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.01	--
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	0.01	--
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01	--
15034	Fish, haddock, cooked, dry heat	0.01	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.01	--
15073	Fish, roughy, orange, raw	0.01	--
15157	Mollusks, clam, mixed species, raw	0.01	--
18116	Cake, gingerbread, prepared from recipe	0.01	--
18163	Cookies, chocolate chip, refrigerated dough	0.01	--
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.01	--
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.01	--
18327	Pie, pumpkin, prepared from recipe	0.01	--
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.01	--
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.01	--
19260	Ice creams, vanilla, light, no sugar added	0.01	--
21063	Fast foods, burrito, with beans and beef	0.01	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.01	--
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.01	--
21232	McDONALD'S, FILET-O-FISH	0.01	--
21269	TACO BELL, Nachos Supreme	0.01	--
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.01	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.01	--
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0.01	--
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.01	--
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.01	--
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	0.01	--
03002	Babyfood, meat, beef, strained	0.01	--
03003	Babyfood, meat, beef, junior	0.01	--
03011	Babyfood, meat, lamb, junior	0.01	--
03052	Babyfood, dinner, beef stew, toddler	0.01	--
03297	Babyfood, dinner, apples and chicken, strained	0.01	--
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.01	--
04704	Salad dressing, poppyseed, creamy	0.01	--
06016	Soup, cream of chicken, canned, condensed	0.01	--
06080	Soup, chicken broth or bouillon, dry	0.01	--
06125	Gravy, turkey, canned, ready-to-serve	0.01	--
06981	Soup, bouillon cubes and granules, low sodium, dry	0.01	--
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.01	--
12040	Seeds, sunflower seed butter, without salt	0.01	--
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	0.01	--
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.01	--
12540	Seeds, sunflower seed butter, with salt added	0.01	--
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.01	--
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.01	--
13350	Beef, cured, dried	0.01	--
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	0.01	--
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01	--
15002	Fish, anchovy, european, canned in oil, drained solids	0.01	--
15176	Mollusks, squid, mixed species, cooked, fried	0.01	--
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.01	--
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	0.01	--
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.01	--
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.01	--
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.01	--
18090	Cake, boston cream pie, commercially prepared	0.01	--
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.01	--
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.01	--
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18213	Cookies, vanilla wafers, higher fat	0.01	--
18229	Crackers, standard snack-type, regular	0.01	--
18245	Danish pastry, cheese	0.01	--
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	0.01	--
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	0.01	--
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	0.01	--
19367	Toppings, nuts in syrup	0.01	--
19407	Snacks, beef sticks, smoked	0.01	--
21225	Pizza, cheese topping, rising crust, frozen, cooked	0.01	--
21267	TACO BELL, BURRITO SUPREME with steak	0.01	--
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	0.01	--
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.01	--
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.01	--
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.01	--
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.01	--
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.01	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0.01	--
21525	PIZZA HUT, breadstick, parmesan garlic	0.01	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	0.01	--
22954	Egg rolls, chicken, refrigerated, heated	0.01	--
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.01	--
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0.01	--
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.01	--
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.01	--
36630	Restaurant, Italian, spaghetti with meat sauce	0.01	--
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.01	--
42139	Granola bar, soft, milk chocolate coated, peanut butter	0.01	--
43004	Babyfood, dessert, banana pudding, strained	0.01	--
25064	Snacks, potato chips, lightly salted	0.01	--
28305	Pancakes, plain, reduced fat	0.01	--
36031	DENNY'S, onion rings	0.01	--
36601	Restaurant, Chinese, egg rolls, assorted	0.01	--
36631	OLIVE GARDEN, spaghetti with meat sauce	0.01	--
43015	Salad dressing, caesar dressing, regular	0.01	--
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01225	Dulce de Leche	0.01	--
03274	Babyfood, dinner, vegetables and chicken, junior	0.01	--
03290	Babyfood, carrots and beef, strained	0.01	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.01	--
11446	Seaweed, laver, raw	0.01	--
15033	Fish, haddock, raw	0.01	--
15057	Fish, ocean perch, Atlantic, raw	0.01	--
15175	Mollusks, squid, mixed species, raw	0.01	--
15177	Mollusks, whelk, unspecified, raw	0.01	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.01	--
18208	Cookies, sugar, prepared from recipe, made with margarine	0.01	--
18279	Muffins, corn, commercially prepared	0.01	--
18386	Muffins, blueberry, toaster-type, toasted	0.01	--
18932	Waffles, buttermilk, frozen, ready-to-heat	0.01	--
18955	Bread, pan dulce, sweet yeast bread	0.01	--
19042	Snacks, potato chips, barbecue-flavor	0.01	--
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0.01	--
19142	Candies, MOUNDS Candy Bar	0.01	--
19411	Snacks, potato chips, plain, salted	0.01	--
20035	Quinoa, uncooked	0.01	--
21064	Fast foods, burrito, with beans, cheese, and beef	0.01	--
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.01	--
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.01	--
21265	TACO BELL, BURRITO SUPREME with beef	0.01	--
22912	Spaghetti, with meatballs in tomato sauce, canned	0.01	--
22977	Lasagna with meat sauce, frozen, prepared	0.01	--
03082	Babyfood, dinner, turkey and rice, strained	0.01	--
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.01	--
06019	Soup, chicken noodle, canned, condensed	0.01	--
07028	Ham, sliced, packaged (96% fat free, water added)	0.01	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.01	--
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.01	--
18095	Cake, cherry fudge with chocolate frosting	0.01	--
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.01	--
21105	Fast foods, fish sandwich, with tartar sauce	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
21258	BURGER KING, Premium Fish Sandwich	0.01	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.01	--
22969	Chili with beans, microwavable bowls	0.01	--
27001	Soup, hot and sour, Chinese restaurant	0.01	--
35145	Stew, hominy with mutton (Navajo)	0.01	--
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.01	--
36022	APPLEBEE'S, crunchy onion rings	0.01	--
36026	CRACKER BARREL, onion rings, thick-cut	0.01	--
36036	Restaurant, family style, onion rings	0.01	--
36418	Restaurant, Mexican, refried beans	0.01	--
27000	Soup, egg drop, Chinese restaurant	0.01	--
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.01	--
31036	Potatoes, mashed, ready-to-eat	0.01	--
32007	Taquitos, frozen, beef and cheese, oven-heated	0.01	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.01	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.01	--
36413	Restaurant, Latino, black bean soup	0.01	--
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.01	--
36607	CRACKER BARREL, steak fries	0.01	--
36610	DENNY'S, french fries	0.01	--
36620	Restaurant, Chinese, shrimp and vegetables	0.01	--
43125	Beans, liquid from stewed kidney beans	0.01	--
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.01	--
03061	Babyfood, dinner, vegetables and ham, strained	0.01	--
03083	Babyfood, dinner, turkey and rice, junior	0.01	--
03084	Babyfood, dinner, vegetables and turkey, strained	0.01	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.01	--
04114	Salad dressing, italian dressing, commercial, regular	0.01	--
14347	Shake, fast food, vanilla	0.01	--
15001	Fish, anchovy, european, raw	0.01	--
15027	Fish, fish sticks, frozen, prepared	0.01	--
15271	Crustaceans, shrimp, cooked (not previously frozen)	0.01	--
18119	Cake, pineapple upside-down, prepared from recipe	0.01	--
18244	Danish pastry, cinnamon, enriched	0.01	--
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0.01	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18430	Danish pastry, cinnamon, unenriched	0.01	--
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.01	--
19074	Candies, caramels	0.01	--
19410	Snack, potato chips, made from dried potatoes, plain	0.01	--
21078	Fast foods, nachos, with cheese	0.01	--
21130	Fast foods, onion rings, breaded and fried	0.01	--
21268	TACO BELL, Nachos	0.01	--
21416	POPEYES, Coleslaw	0.01	--
21509	BURGER KING, Onion Rings	0.01	--
03066	Babyfood, dinner, vegetables and lamb, strained	0.01	--
03085	Babyfood, dinner, vegetables and turkey, junior	0.01	--
06030	Soup, clam chowder, new england, canned, condensed	0.01	--
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.01	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.01	--
07933	Chicken breast, oven-roasted, fat-free, sliced	0.01	--
13000	Beef, grass-fed, strip steaks, lean only, raw	0.01	--
18032	Bread, irish soda, prepared from recipe	0.01	--
18157	Cookies, chocolate wafers	0.01	--
18187	Cookies, peanut butter, refrigerated dough	0.01	--
18228	Crackers, saltines (includes oyster, soda, soup)	0.01	--
18232	Crackers, wheat, regular	0.01	--
18239	Croissants, butter	0.01	--
18290	Pancakes, plain, dry mix, complete, prepared	0.01	--
18964	Cinnamon buns, frosted (includes honey buns)	0.01	--
19003	Snacks, corn-based, extruded, chips, plain	0.01	--
19057	Snacks, tortilla chips, nacho cheese	0.01	--
21252	BURGER KING, WHOPPER, no cheese	0.01	--
21335	McDONALD'S, Hot Caramel Sundae	0.01	--
21387	BURGER KING, Hash Brown Rounds	0.01	--
22904	Chili con carne with beans, canned entree	0.01	--
22916	Lasagna with meat & sauce, frozen entree	0.01	--
22970	Macaroni and cheese, frozen entree	0.01	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.01	--
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.01	--
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.01	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
28308	Crackers, standard snack-type, with whole wheat	0.01	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.01	--
28333	Cookies, gluten-free, chocolate wafer	0.01	--
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.01	--
36002	APPLEBEE'S, french fries	0.01	--
36007	T.G.I. FRIDAY'S, french fries	0.01	--
36014	Restaurant, family style, french fries	0.01	--
36602	Restaurant, Chinese, fried rice, without meat	0.01	--
43008	Babyfood, dinner, chicken and rice	0.01	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0.00	--
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.00	--
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.00	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	0.00	--
36613	DENNY'S, macaroni & cheese, from kid's menu	0.00	--
43007	Babyfood, fruit, tutti frutti, junior	0.00	--
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.00	--
03047	Babyfood, dinner, beef noodle, strained	0.00	--
03059	Babyfood, dinner, vegetables and bacon, strained	0.00	--
03067	Babyfood, dinner, vegetables and lamb, junior	0.00	--
03068	Babyfood, dinner, chicken noodle, strained	0.00	--
03069	Babyfood, dinner, chicken noodle, junior	0.00	--
03289	Babyfood, apples with ham, strained	0.00	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.00	--
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.00	--
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.00	--
09447	Plantains, yellow, fried, Latino restaurant	0.00	--
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00	--
11444	Seaweed, irishmoss, raw	0.00	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	0.00	--
12652	Nuts, pistachio nuts, dry roasted, with salt added	0.00	--
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.00	--
15172	Mollusks, scallop, mixed species, raw	0.00	--
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.00	--
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.00	--
18182	Cookies, oatmeal, refrigerated dough	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18183	Cookies, oatmeal, refrigerated dough, baked	0.00	--
18241	Croissants, cheese	0.00	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.00	--
18365	Waffles, plain, frozen, ready-to-heat	0.00	--
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.00	--
18566	Artificial Blueberry Muffin Mix, dry	0.00	--
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	0.00	--
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	0.00	--
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	0.00	--
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.00	--
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.00	--
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.00	--
19056	Snacks, tortilla chips, plain, white corn, salted	0.00	--
19193	Puddings, rice, ready-to-eat	0.00	--
19348	Syrups, chocolate, fudge-type	0.00	--
20077	Wheat bran, crude	0.00	--
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.00	--
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.00	--
21059	Fast foods, shrimp, breaded and fried	0.00	--
21061	Fast foods, burrito, with beans and cheese	0.00	--
21144	CHICK-FIL-A, hash browns	0.00	--
21247	WENDY'S, french fries	0.00	--
21264	TACO BELL, Bean Burrito	0.00	--
21319	McDONALD'S, Hash Brown	0.00	--
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.00	--
21334	McDONALD'S, Strawberry Sundae	0.00	--
21336	McDONALD'S, Hot Fudge Sundae	0.00	--
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.00	--
21339	McDONALD'S, McFLURRY with OREO cookies	0.00	--
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.00	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.00	--
22529	Beef Pot Pie, frozen entree, prepared	0.00	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.00	--
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.00	--
01284	Yogurt, Greek, strawberry, lowfat	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.00	--
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.00	--
03055	Babyfood, dinner, beef with vegetables	0.00	--
03062	Babyfood, dinner, vegetables and ham, junior	0.00	--
03073	Babyfood, dinner, vegetables chicken, strained	0.00	--
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.00	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.00	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.00	--
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.00	--
06583	Soup, ramen noodle, any flavor, dry	0.00	--
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.00	--
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.00	--
06982	Soup, ramen noodle, beef flavor, dry	0.00	--
06983	Soup, ramen noodle, chicken flavor, dry	0.00	--
06999	Gravy, CAMPBELL'S, chicken	0.00	--
07081	Turkey breast, sliced, prepackaged	0.00	--
09314	Sapote, mamey, raw	0.00	--
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	0.00	--
15268	Fish, cod, Pacific, raw (not previously frozen)	0.00	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.00	--
18075	Bread, whole-wheat, commercially prepared	0.00	--
18151	Cookies, brownies, commercially prepared	0.00	--
18166	Cookies, chocolate sandwich, with creme filling, regular	0.00	--
18281	Muffins, corn, toaster-type	0.00	--
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.00	--
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.00	--
18959	Pastry, Pastelitos de Guava (guava pastries)	0.00	--
20118	Noodles, flat, crunchy, Chinese restaurant	0.00	--
21127	Fast foods, coleslaw	0.00	--
21138	Fast foods, potato, french fried in vegetable oil	0.00	--
21142	Fast food, biscuit	0.00	--
21238	MCDONALD'S, french fries	0.00	--
21415	POPEYES, biscuit	0.00	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	0.00	--
22955	Egg rolls, vegetable, frozen, prepared	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
25046	Snacks, bagel chips, plain	0.00	--
27054	Dip, TOSTITOS, salsa con queso, medium	0.00	--
27061	Gravy, HEINZ Home Style, classic chicken	0.00	--
27062	Soup, beef barley, ready to serve	0.00	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.00	--
28334	Cookies, gluten-free, lemon wafer	0.00	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.00	--
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.00	--
28345	Crackers, gluten-free, multi-seeded and multigrain	0.00	--
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	0.00	--
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.00	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	0.00	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.00	--
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.00	--
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.00	--
32011	Yellow rice with seasoning, dry packet mix, unprepared	0.00	--
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.00	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	0.00	--
36021	APPLEBEE'S, coleslaw	0.00	--
36411	Restaurant, Latino, tamale, corn	0.00	--
43006	Babyfood, fruit, tutti frutti, strained	0.00	--
25028	Tortilla chips, yellow, plain, salted	0.00	--
25050	Snacks, yucca (cassava) chips, salted	0.00	--
27049	Sauce, tartar, ready-to-serve	0.00	--
27052	Dip, salsa con queso, cheese and salsa- medium	0.00	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	0.00	--
28307	Bread, naan, plain, commercially prepared, refrigerated	0.00	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	0.00	--
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.00	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.00	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.00	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.00	--
35234	Piki bread, made from blue cornmeal (Hopi)	0.00	--
36030	DENNY'S, hash browns	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
36039	Restaurant, family style, hash browns	0.00	--
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.00	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	0.00	--
43417	Babyfood, meat, beef with vegetables, toddler	0.00	--
01015	Cheese, cottage, lowfat, 2% milkfat	0.00	--
01057	Eggnog	0.00	--
01238	Ice cream sandwich	0.00	--
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.00	--
03287	Babyfood, dinner, beef noodle, junior	0.00	--
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.00	--
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.00	--
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.00	--
06977	Gravy, meat or poultry, low sodium, prepared	0.00	--
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0.00	--
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	0.00	--
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.00	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00	--
14236	Beverages, coffee substitute, cereal grain beverage, powder	0.00	--
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0.00	--
15194	Fish, mahimahi, cooked, dry heat	0.00	--
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.00	--
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.00	--
16403	Refried beans, canned, traditional, reduced sodium	0.00	--
18055	Bread, reduced-calorie, wheat	0.00	--
18064	Bread, wheat	0.00	--
18110	Cake, fruitcake, commercially prepared	0.00	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.00	--
18171	Cookies, fortune	0.00	--
18205	Cookies, sugar, refrigerated dough	0.00	--
18214	Crackers, cheese, regular	0.00	--
18223	Crackers, milk	0.00	--
18310	Pie, chocolate creme, commercially prepared	0.00	--
18326	Pie, pumpkin, commercially prepared	0.00	--
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.00	--
18368	Wonton wrappers (includes egg roll wrappers)	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.00	--
20137	Quinoa, cooked	0.00	--
20648	Sorghum flour, whole-grain	0.00	--
21249	BURGER KING, french fries	0.00	--
21419	KFC, biscuit	0.00	--
22401	Spaghetti with meat sauce, frozen entree	0.00	--
22918	Burrito, bean and cheese, frozen	0.00	--
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.00	--
01186	Cheese, cream, fat free	0.00	--
01239	Ice cream cookie sandwich	0.00	--
01287	Yogurt, Greek, plain, lowfat	0.00	--
02054	Capers, canned	0.00	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.00	--
03070	Babyfood, dinner, chicken soup, strained	0.00	--
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	0.00	--
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.00	--
04021	Salad dressing, italian dressing, commercial, reduced fat	0.00	--
06026	Soup, chili beef, canned, condensed	0.00	--
06528	Soup, chicken noodle, dry, mix, prepared with water	0.00	--
06978	Soup, beef and mushroom, low sodium, chunk style	0.00	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	0.00	--
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	0.00	--
08029	Cereals ready-to-eat, POST Bran Flakes	0.00	--
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	0.00	--
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	0.00	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	0.00	--
09246	Peaches, dried, sulfured, uncooked	0.00	--
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.00	--
11100	Brussels sprouts, frozen, unprepared	0.00	--
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.00	--
11161	Collards, raw	0.00	--
11162	Collards, cooked, boiled, drained, without salt	0.00	--
11163	Collards, frozen, chopped, unprepared	0.00	--
11233	Kale, raw	0.00	--
11398	Potato puffs, frozen, unprepared	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11399	Potato puffs, frozen, oven-heated	0.00	--
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.00	--
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.00	--
11768	Collards, cooked, boiled, drained, with salt	0.00	--
11959	Arugula, raw	0.00	--
15023	Fish, mahimahi, raw	0.00	--
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.00	--
18042	Bread, pita, whole-wheat	0.00	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.00	--
18106	Coffeecake, fruit	0.00	--
18152	Cookies, brownies, dry mix, regular	0.00	--
18179	Cookies, oatmeal, commercially prepared, soft-type	0.00	--
18191	Cookies, raisin, soft-type	0.00	--
18209	Cookies, sugar wafers with creme filling, regular	0.00	--
18219	Crackers, matzo, whole-wheat	0.00	--
18253	Doughnuts, french crullers, glazed	0.00	--
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.00	--
18266	English muffins, whole-wheat	0.00	--
18267	English muffins, whole-wheat, toasted	0.00	--
18277	Muffins, blueberry, toaster-type	0.00	--
18354	Strudel, apple	0.00	--
18429	Crackers, whole-wheat, low salt	0.00	--
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	0.00	--
18960	Crackers, snack, GOYA CRACKERS	0.00	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	0.00	--
18967	Bread, white wheat	0.00	--
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	0.00	--
19274	Snacks, fruit leather, pieces, with vitamin C	0.00	--
19902	Chocolate, dark, 45- 59% cacao solids	0.00	--
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.00	--
20071	Wheat, hard red spring	0.00	--
21139	Fast foods, potato, mashed	0.00	--
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0.00	--
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.00	--
22908	Beef, corned beef hash, with potato, canned	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
25037	Snacks, pita chips, salted	0.00	--
27064	Wasabi	0.00	--
27065	Dip, bean, original flavor	0.00	--
27068	Dip, FRITO'S, bean, original flavor	0.00	--
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	0.00	--
28288	Bread, roll, Mexican, bolillo	0.00	--
28331	Crackers, flavored, fish-shaped	0.00	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.00	--
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.00	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.00	--
28346	Waffles, gluten-free, frozen, ready-to-heat	0.00	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.00	--
28368	SCHAR, Gluten-Free, Classic White Rolls	0.00	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.00	--
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.00	--
28375	VAN'S, Gluten Free, Totally Original Waffles	0.00	--
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	0.00	--
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.00	--
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.00	--
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.00	--
43020	Salad dressing, blue or roquefort cheese, low calorie	0.00	--
43241	Cereals ready-to-eat, FAMILIA	0.00	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	0.00	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	0.00	--
25027	Snacks, plantain chips, salted	0.00	--
27002	Soup, wonton, Chinese restaurant	0.00	--
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0.00	--
28300	Cookies, oatmeal sandwich, with creme filling	0.00	--
28328	Cookies, chocolate chip sandwich, with creme filling	0.00	--
28329	Cookies, chocolate, made with rice cereal	0.00	--
28349	Cookies, oatmeal, reduced fat	0.00	--
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.00	--
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.00	--
32010	Pasta mix, Italian lasagna, unprepared	0.00	--
32018	Spanish rice mix, dry mix, unprepared	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
36044	ON THE BORDER, Mexican rice	0.00	--
36417	Restaurant, Mexican, spanish rice	0.00	--
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	0.00	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0.00	--
01241	Ice cream sandwich, made with light ice cream, vanilla	0.00	--
01242	Ice cream sandwich, vanilla, light, no sugar added	0.00	--
01264	Ice cream bar, stick or nugget, with crunch coating	0.00	--
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.00	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.00	--
03185	Babyfood, cereal, mixed, dry fortified	0.00	--
03186	Babyfood, cereal, mixed, with bananas, dry	0.00	--
03217	Zwieback	0.00	--
04706	Dressing, honey mustard, fat-free	0.00	--
06426	Soup, chili beef, canned, prepared with equal volume water	0.00	--
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.00	--
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0.00	--
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	0.00	--
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	0.00	--
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	0.00	--
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0.00	--
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	0.00	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.00	--
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.00	--
09247	Peaches, dried, sulfured, stewed, without added sugar	0.00	--
09248	Peaches, dried, sulfured, stewed, with added sugar	0.00	--
11098	Brussels sprouts, raw	0.00	--
11112	Cabbage, red, raw	0.00	--
11167	Corn, sweet, yellow, raw	0.00	--
11234	Kale, cooked, boiled, drained, without salt	0.00	--
11235	Kale, frozen, unprepared	0.00	--
11236	Kale, frozen, cooked, boiled, drained, without salt	0.00	--
11245	Lambsquarters, cooked, boiled, drained, without salt	0.00	--
11442	Seaweed, agar, raw	0.00	--
11622	Kale, scotch, raw	0.00	--
11623	Kale, scotch, cooked, boiled, drained, without salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11790	Kale, cooked, boiled, drained, with salt	0.00	--
11791	Kale, frozen, cooked, boiled, drained, with salt	0.00	--
11792	Kale, scotch, cooked, boiled, drained, with salt	0.00	--
11794	Lambquarters, cooked, boiled, drained, with salt	0.00	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.00	--
15162	Mollusks, clam, mixed species, canned, liquid	0.00	--
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.00	--
16147	Veggie burgers or soyburgers, unprepared	0.00	--
18021	Bread, boston brown, canned	0.00	--
18076	Bread, whole-wheat, commercially prepared, toasted	0.00	--
18077	Bread, whole-wheat, prepared from recipe	0.00	--
18078	Bread, whole-wheat, prepared from recipe, toasted	0.00	--
18081	Bread stuffing, bread, dry mix	0.00	--
18084	Bread stuffing, cornbread, dry mix	0.00	--
18193	Cookies, shortbread, commercially prepared, pecan	0.00	--
18222	Crackers, melba toast, wheat	0.00	--
18264	English muffins, wheat	0.00	--
18265	English muffins, wheat, toasted	0.00	--
18284	Muffins, wheat bran, dry mix	0.00	--
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.00	--
18295	Pancakes, buckwheat, dry mix, incomplete	0.00	--
18299	Pancakes, whole-wheat, dry mix, incomplete	0.00	--
18348	Rolls, dinner, whole-wheat	0.00	--
18428	Crackers, wheat, low salt	0.00	--
18961	Crackers, cream, GAMESA SABROSAS	0.00	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.00	--
19031	Snacks, oriental mix, rice-based	0.00	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.00	--
19116	Candies, marshmallows	0.00	--
19225	Desserts, rennin, tablets, unsweetened	0.00	--
19365	Toppings, marshmallow cream	0.00	--
19904	Chocolate, dark, 70-85% cacao solids	0.00	--
20110	Noodles, egg, enriched, cooked	0.00	--
20124	Pasta, whole-wheat, dry	0.00	--
20310	Noodles, egg, cooked, enriched, with added salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
20410	Noodles, egg, unenriched, cooked, without added salt	0.00	--
20510	Noodles, egg, cooked, unenriched, with added salt	0.00	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.00	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	0.00	--
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.00	--
01001	Butter, salted	0.00	--
01003	Butter oil, anhydrous	0.00	--
01004	Cheese, blue	0.00	--
01005	Cheese, brick	0.00	--
01006	Cheese, brie	0.00	--
01007	Cheese, camembert	0.00	--
01011	Cheese, colby	0.00	--
01012	Cheese, cottage, creamed, large or small curd	0.00	--
01013	Cheese, cottage, creamed, with fruit	0.00	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.00	--
01016	Cheese, cottage, lowfat, 1% milkfat	0.00	--
01018	Cheese, edam	0.00	--
01019	Cheese, feta	0.00	--
01020	Cheese, fontina	0.00	--
01021	Cheese, gjetost	0.00	--
01022	Cheese, gouda	0.00	--
01023	Cheese, gruyere	0.00	--
01024	Cheese, limburger	0.00	--
01025	Cheese, monterey	0.00	--
01026	Cheese, mozzarella, whole milk	0.00	--
01027	Cheese, mozzarella, whole milk, low moisture	0.00	--
01028	Cheese, mozzarella, part skim milk	0.00	--
01030	Cheese, muenster	0.00	--
01033	Cheese, parmesan, hard	0.00	--
01034	Cheese, port de salut	0.00	--
01035	Cheese, provolone	0.00	--
01036	Cheese, ricotta, whole milk	0.00	--
01037	Cheese, ricotta, part skim milk	0.00	--
01038	Cheese, romano	0.00	--
01039	Cheese, roquefort	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01041	Cheese, tilsit	0.00	--
01043	Cheese, pasteurized process, pimento	0.00	--
01044	Cheese, pasteurized process, swiss	0.00	--
01045	Cheese food, cold pack, American	0.00	--
01048	Cheese spread, pasteurized process, American	0.00	--
01052	Cream, fluid, light whipping	0.00	--
01054	Cream, whipped, cream topping, pressurized	0.00	--
01055	Cream, sour, reduced fat, cultured	0.00	--
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.00	--
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.00	--
01060	Milk, filled, fluid, with lauric acid oil	0.00	--
01061	Cheese, American, nonfat or fat free	0.00	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00	--
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.00	--
01069	Cream substitute, powdered	0.00	--
01070	Dessert topping, powdered	0.00	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.00	--
01072	Dessert topping, pressurized	0.00	--
01073	Dessert topping, semi solid, frozen	0.00	--
01074	Sour cream, imitation, cultured	0.00	--
01076	Milk substitutes, fluid, with lauric acid oil	0.00	--
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.00	--
01078	Milk, producer, fluid, 3.7% milkfat	0.00	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.00	--
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.00	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.00	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.00	--
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.00	--
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.00	--
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.00	--
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.00	--
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.00	--
01088	Milk, buttermilk, fluid, cultured, lowfat	0.00	--
01089	Milk, low sodium, fluid	0.00	--
01090	Milk, dry, whole, with added vitamin D	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.00	--
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0.00	--
01093	Milk, dry, nonfat, calcium reduced	0.00	--
01094	Milk, buttermilk, dried	0.00	--
01095	Milk, canned, condensed, sweetened	0.00	--
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.00	--
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.00	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.00	--
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.00	--
01105	Milk, chocolate beverage, hot cocoa, homemade	0.00	--
01106	Milk, goat, fluid, with added vitamin D	0.00	--
01108	Milk, indian buffalo, fluid	0.00	--
01109	Milk, sheep, fluid	0.00	--
01110	Milk shakes, thick chocolate	0.00	--
01111	Milk shakes, thick vanilla	0.00	--
01112	Whey, acid, fluid	0.00	--
01113	Whey, acid, dried	0.00	--
01114	Whey, sweet, fluid	0.00	--
01115	Whey, sweet, dried	0.00	--
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.00	--
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.00	--
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.00	--
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.00	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.00	--
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.00	--
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.00	--
01124	Egg, white, raw, fresh	0.00	--
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.00	--
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.00	--
01145	Butter, without salt	0.00	--
01146	Cheese, parmesan, shredded	0.00	--
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.00	--
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.00	--
01153	Milk, canned, evaporated, with added vitamin A	0.00	--
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.00	--
01156	Cheese, goat, hard type	0.00	--
01157	Cheese, goat, semisoft type	0.00	--
01159	Cheese, goat, soft type	0.00	--
01161	Cheese substitute, mozzarella	0.00	--
01164	Cheese sauce, prepared from recipe	0.00	--
01165	Cheese, mexican, queso anejo	0.00	--
01166	Cheese, mexican, queso asadero	0.00	--
01167	Cheese, mexican, queso chihuahua	0.00	--
01168	Cheese, low fat, cheddar or colby	0.00	--
01169	Cheese, low-sodium, cheddar or colby	0.00	--
01172	Egg, white, raw, frozen, pasteurized	0.00	--
01173	Egg, white, dried	0.00	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.00	--
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00	--
01178	Sour cream, reduced fat	0.00	--
01179	Sour cream, light	0.00	--
01180	Sour cream, fat free	0.00	--
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.00	--
01185	Parmesan cheese topping, fat free	0.00	--
01187	Yogurt, chocolate, nonfat milk	0.00	--
01199	Cream, half and half, fat free	0.00	--
01200	Reddi Wip Fat Free Whipped Topping	0.00	--
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.00	--
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.00	--
01204	Cheese, parmesan, dry grated, reduced fat	0.00	--
01205	Cream substitute, flavored, liquid	0.00	--
01206	Cream substitute, flavored, powdered	0.00	--
01208	Cheese, provolone, reduced fat	0.00	--
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.00	--
01212	Milk, dry, whole, without added vitamin D	0.00	--
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.00	--
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	0.00	--
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.00	--
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.00	--
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.00	--
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.00	--
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.00	--
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	0.00	--
01223	Protein supplement, milk based, Muscle Milk, powder	0.00	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	0.00	--
01226	Egg substitute, liquid or frozen, fat free	0.00	--
01230	Milk, buttermilk, fluid, whole	0.00	--
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.00	--
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.00	--
01236	Ice cream, soft serve, chocolate	0.00	--
01237	Ice cream, bar or stick, chocolate covered	0.00	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.00	--
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.00	--
01244	Milk dessert bar, frozen, made from lowfat milk	0.00	--
01250	Nutritional supplement for people with diabetes, liquid	0.00	--
01251	Cheese, Mexican blend	0.00	--
01256	Yogurt, Greek, plain, nonfat	0.00	--
01258	Egg, white, dried, stabilized, glucose reduced	0.00	--
01263	Ice cream, light, soft serve, chocolate	0.00	--
01265	Cheese, cheddar, nonfat or fat free	0.00	--
01266	Cheese, Swiss, nonfat or fat free	0.00	--
01267	Cheese, mexican, queso cotija	0.00	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.00	--
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.00	--
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.00	--
01285	Yogurt, Greek, strawberry, nonfat	0.00	--
01286	Yogurt, Greek, vanilla, nonfat	0.00	--
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.00	--
01295	Yogurt, vanilla, non-fat	0.00	--
02001	Spices, allspice, ground	0.00	--
02002	Spices, anise seed	0.00	--
02003	Spices, basil, dried	0.00	--
02004	Spices, bay leaf	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
02005	Spices, caraway seed	0.00	--
02007	Spices, celery seed	0.00	--
02008	Spices, chervil, dried	0.00	--
02009	Spices, chili powder	0.00	--
02010	Spices, cinnamon, ground	0.00	--
02012	Spices, coriander leaf, dried	0.00	--
02014	Spices, cumin seed	0.00	--
02015	Spices, curry powder	0.00	--
02016	Spices, dill seed	0.00	--
02020	Spices, garlic powder	0.00	--
02021	Spices, ginger, ground	0.00	--
02022	Spices, mace, ground	0.00	--
02023	Spices, marjoram, dried	0.00	--
02024	Spices, mustard seed, ground	0.00	--
02025	Spices, nutmeg, ground	0.00	--
02027	Spices, oregano, dried	0.00	--
02028	Spices, paprika	0.00	--
02029	Spices, parsley, dried	0.00	--
02030	Spices, pepper, black	0.00	--
02031	Spices, pepper, red or cayenne	0.00	--
02033	Spices, poppy seed	0.00	--
02034	Spices, poultry seasoning	0.00	--
02035	Spices, pumpkin pie spice	0.00	--
02036	Spices, rosemary, dried	0.00	--
02038	Spices, sage, ground	0.00	--
02041	Spices, tarragon, dried	0.00	--
02042	Spices, thyme, dried	0.00	--
02043	Spices, turmeric, ground	0.00	--
02044	Basil, fresh	0.00	--
02046	Mustard, prepared, yellow	0.00	--
02047	Salt, table	0.00	--
02048	Vinegar, cider	0.00	--
02050	Vanilla extract	0.00	--
02052	Vanilla extract, imitation, no alcohol	0.00	--
02053	Vinegar, distilled	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
02055	Horseradish, prepared	0.00	--
03001	Babyfood, juice treats, fruit medley, toddler	0.00	--
03007	Babyfood, meat, pork, strained	0.00	--
03014	Babyfood, meat, chicken sticks, junior	0.00	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.00	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00	--
03048	Babyfood, macaroni and cheese, toddler	0.00	--
03053	Babyfood, dinner, vegetables and beef, strained	0.00	--
03054	Babyfood, dinner, vegetables and beef, junior	0.00	--
03077	Babyfood, dinner, pasta with vegetables	0.00	--
03089	Babyfood, dinner, macaroni and cheese, strained	0.00	--
03090	Babyfood, dinner, macaroni and cheese, junior	0.00	--
03091	Babyfood, vegetables, green beans, strained	0.00	--
03092	Babyfood, vegetables, green beans, junior	0.00	--
03093	Babyfood, green beans, dices, toddler	0.00	--
03096	Babyfood, vegetable, green beans and potatoes	0.00	--
03098	Babyfood, vegetables, beets, strained	0.00	--
03099	Babyfood, vegetables, carrots, strained	0.00	--
03100	Babyfood, vegetables, carrots, junior	0.00	--
03104	Babyfood, vegetables, squash, strained	0.00	--
03105	Babyfood, vegetables, squash, junior	0.00	--
03108	Babyfood, vegetables, sweet potatoes strained	0.00	--
03109	Babyfood, vegetables, sweet potatoes, junior	0.00	--
03112	Babyfood, potatoes, toddler	0.00	--
03114	Babyfood, vegetable, butternut squash and corn	0.00	--
03115	Babyfood, apples, dices, toddler	0.00	--
03116	Babyfood, fruit, applesauce, strained	0.00	--
03117	Babyfood, fruit, applesauce, junior	0.00	--
03118	Babyfood, fruit, apricot with tapioca, strained	0.00	--
03119	Babyfood, vegetables, corn, creamed, strained	0.00	--
03120	Babyfood, vegetables, corn, creamed, junior	0.00	--
03121	Babyfood, vegetables, peas, strained	0.00	--
03122	Babyfood, peas, dices, toddler	0.00	--
03127	Babyfood, vegetables, spinach, creamed, strained	0.00	--
03128	Babyfood, fruit, apricot with tapioca, junior	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03129	Babyfood, fruit, bananas with tapioca, strained	0.00	--
03130	Babyfood, fruit, peaches, strained	0.00	--
03131	Babyfood, fruit, peaches, junior	0.00	--
03132	Babyfood, fruit, pears, strained	0.00	--
03133	Babyfood, fruit, pears, junior	0.00	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.00	--
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.00	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.00	--
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.00	--
03139	Babyfood, prunes, without vitamin c, strained	0.00	--
03140	Babyfood, fruit dessert, mango with tapioca	0.00	--
03141	Babyfood, pears, dices, toddler	0.00	--
03142	Babyfood, fruit, applesauce and apricots, strained	0.00	--
03143	Babyfood, fruit, applesauce and apricots, junior	0.00	--
03144	Babyfood, fruit, applesauce and cherries, strained	0.00	--
03145	Babyfood, fruit, applesauce and cherries, junior	0.00	--
03147	Babyfood, fruit, applesauce with banana, junior	0.00	--
03150	Babyfood, fruit, applesauce and pineapple, strained	0.00	--
03151	Babyfood, fruit, applesauce and pineapple, junior	0.00	--
03152	Babyfood, fruit, apple and raspberry, strained	0.00	--
03153	Babyfood, fruit, apple and raspberry, junior	0.00	--
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.00	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.00	--
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.00	--
03158	Babyfood, fruit, pears and pineapple, strained	0.00	--
03159	Babyfood, fruit, pears and pineapple, junior	0.00	--
03161	Babyfood, peaches, dices, toddler	0.00	--
03163	Babyfood, fruit, bananas with apples and pears, strained	0.00	--
03164	Babyfood, fruit, apple and blueberry, strained	0.00	--
03165	Babyfood, fruit, apple and blueberry, junior	0.00	--
03166	Babyfood, juice, apple	0.00	--
03167	Babyfood, apple-banana juice	0.00	--
03168	Babyfood, juice, apple and peach	0.00	--
03169	Babyfood, apple-cranberry juice	0.00	--
03170	Babyfood, juice, apple and plum	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03171	Babyfood, juice, apple and prune	0.00	--
03172	Babyfood, juice, orange	0.00	--
03174	Babyfood, juice, orange and apple and banana	0.00	--
03175	Babyfood, juice, orange and apricot	0.00	--
03177	Babyfood, juice, orange and pineapple	0.00	--
03179	Babyfood, juice, mixed fruit	0.00	--
03181	Babyfood, cereal, barley, dry fortified	0.00	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0.00	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	0.00	--
03189	Babyfood, cereal, oatmeal, dry fortified	0.00	--
03190	Babyfood, cereal, oatmeal, with bananas, dry	0.00	--
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.00	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	0.00	--
03194	Babyfood, cereal, rice, dry fortified	0.00	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0.00	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	0.00	--
03206	Babyfood, cookie, baby, fruit	0.00	--
03209	Babyfood, crackers, vegetable	0.00	--
03211	Babyfood, cereal, high protein, with apple and orange, dry	0.00	--
03212	Babyfood, cereal, rice, with bananas, dry	0.00	--
03213	Babyfood, cookies	0.00	--
03214	Babyfood, cookies, arrowroot	0.00	--
03215	Babyfood, pretzels	0.00	--
03216	Babyfood, teething biscuits	0.00	--
03220	Babyfood, dessert, dutch apple, strained	0.00	--
03221	Babyfood, dessert, dutch apple, junior	0.00	--
03222	Babyfood, cherry cobbler, junior	0.00	--
03226	Babyfood, dessert, fruit pudding, orange, strained	0.00	--
03227	Babyfood, dessert, peach cobbler, strained	0.00	--
03228	Babyfood, dessert, peach cobbler, junior	0.00	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.00	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.00	--
03265	Babyfood, juice, apple and grape	0.00	--
03267	Babyfood, juice, fruit punch, with calcium	0.00	--
03268	Babyfood, juice, apple and cherry	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03269	Babyfood, juice, apple, with calcium	0.00	--
03279	Babyfood, dinner, mixed vegetable, junior	0.00	--
03280	Babyfood, fruit, bananas with tapioca, junior	0.00	--
03282	Babyfood, vegetables, mix vegetables junior	0.00	--
03283	Babyfood, vegetables, garden vegetable, strained	0.00	--
03286	Babyfood, vegetables, mix vegetables strained	0.00	--
03293	Babyfood, plums, bananas and rice, strained	0.00	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.00	--
03298	Babyfood, dinner, broccoli and chicken, junior	0.00	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.00	--
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.00	--
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.00	--
03681	Babyfood, cereal, barley, prepared with whole milk	0.00	--
03685	Babyfood, cereal, mixed, prepared with whole milk	0.00	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.00	--
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.00	--
03694	Babyfood, cereal, rice, prepared with whole milk	0.00	--
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.00	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.00	--
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	0.00	--
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	0.00	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.00	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	0.00	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.00	--
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	0.00	--
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.00	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.00	--
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	0.00	--
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0.00	--
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.00	--
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	0.00	--
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.00	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.00	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	0.00	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	0.00	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.00	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.00	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.00	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.00	--
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.00	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.00	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	0.00	--
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.00	--
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.00	--
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	0.00	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	0.00	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.00	--
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	0.00	--
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.00	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.00	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	0.00	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	0.00	--
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.00	--
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	0.00	--
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	0.00	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.00	--
03934	Babyfood, corn and sweet potatoes, strained	0.00	--
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.00	--
03964	Babyfood, fortified cereal bar, fruit filling	0.00	--
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.00	--
03994	Babyfood, fruit, banana and strawberry, junior	0.00	--
03995	Babyfood, banana with mixed berries, strained	0.00	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00	--
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0.00	--
04001	Fat, beef tallow	0.00	--
04002	Lard	0.00	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.00	--
04015	Salad dressing, russian dressing	0.00	--
04016	Salad dressing, sesame seed dressing, regular	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04017	Salad dressing, thousand island, commercial, regular	0.00	--
04020	Salad dressing, french dressing, reduced fat	0.00	--
04022	Salad dressing, russian dressing, low calorie	0.00	--
04023	Salad dressing, thousand island dressing, reduced fat	0.00	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.00	--
04027	Salad dressing, mayonnaise, imitation, soybean	0.00	--
04028	Salad dressing, mayonnaise, imitation, milk cream	0.00	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00	--
04037	Oil, rice bran	0.00	--
04038	Oil, wheat germ	0.00	--
04042	Oil, peanut, salad or cooking	0.00	--
04044	Oil, soybean, salad or cooking	0.00	--
04047	Oil, coconut	0.00	--
04053	Oil, olive, salad or cooking	0.00	--
04055	Oil, palm	0.00	--
04058	Oil, sesame, salad or cooking	0.00	--
04060	Oil, sunflower, linoleic (less than 60%)	0.00	--
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00	--
04120	Salad dressing, french dressing, commercial, regular	0.00	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00	--
04133	Salad dressing, french, home recipe	0.00	--
04135	Salad dressing, home recipe, vinegar and oil	0.00	--
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00	--
04142	Salad dressing, french dressing, reduced fat, without salt	0.00	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.00	--
04144	Salad dressing, italian dressing, reduced fat, without salt	0.00	--
04367	Salad dressing, french dressing, fat-free	0.00	--
04501	Oil, cocoa butter	0.00	--
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00	--
04513	Vegetable oil, palm kernel	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04514	Oil, poppyseed	0.00	--
04515	Oil, tomatoseed	0.00	--
04516	Oil, teaseed	0.00	--
04517	Oil, grapeseed	0.00	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00	--
04520	Fat, mutton tallow	0.00	--
04528	Oil, walnut	0.00	--
04529	Oil, almond	0.00	--
04530	Oil, apricot kernel	0.00	--
04531	Oil, soybean lecithin	0.00	--
04532	Oil, hazelnut	0.00	--
04534	Oil, babassu	0.00	--
04536	Oil, sheanut	0.00	--
04541	Oil, cupu assu	0.00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00	--
04544	Shortening, household, lard and vegetable oil	0.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00	--
04549	Shortening industrial, lard and vegetable oil	0.00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00	--
04559	Shortening household soybean (hydrogenated) and palm	0.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00	--
04570	Shortening, confectionery, fractionated palm	0.00	--
04572	Oil, nutmeg butter	0.00	--
04573	Oil, ucuhuba butter	0.00	--
04574	Fat, duck	0.00	--
04576	Fat, goose	0.00	--
04582	Oil, canola	0.00	--
04584	Oil, sunflower, high oleic (70% and over)	0.00	--
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.00	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04601	Butter, light, stick, with salt	0.00	--
04602	Butter, light, stick, without salt	0.00	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00	--
04609	Animal fat, bacon grease	0.00	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00	--
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.00	--
04615	Shortening, vegetable, household, composite	0.00	--
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00	--
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00	--
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.00	--
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.00	--
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.00	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.00	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.00	--
04630	Margarine Spread, approximately 48% fat, tub	0.00	--
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00	--
04635	Salad dressing, thousand island dressing, fat-free	0.00	--
04636	Salad dressing, italian dressing, fat-free	0.00	--
04638	Salad dressing, ranch dressing, fat-free	0.00	--
04640	Salad dressing, ranch dressing, reduced fat	0.00	--
04642	Oil, industrial, mid-oleic, sunflower	0.00	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00	--
04644	Oil, industrial, canola for salads, woks and light frying	0.00	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0.00	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0.00	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0.00	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0.00	--
04650	Oil, industrial, soy, refined, for woks and light frying	0.00	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	0.00	--
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	0.00	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0.00	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0.00	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.00	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.00	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.00	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.00	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.00	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.00	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.00	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.00	--
04664	Oil, industrial, soy (partially hydrogenated ) , palm, principal uses icings and fillings	0.00	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ) , for flaky pastries	0.00	--
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	0.00	--
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	0.00	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.00	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0.00	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0.00	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0.00	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	0.00	--
04679	Oil, PAM cooking spray, original	0.00	--
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	0.00	--
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	0.00	--
04686	Salad dressing, honey mustard dressing, reduced calorie	0.00	--
04687	Margarine-like spread, BENECOL Light Spread	0.00	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.00	--
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00	--
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.00	--
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.00	--
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0.00	--
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0.00	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0.00	--
04698	Oil, industrial, canola, high oleic	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
04699	Oil, industrial, soy, low linolenic	0.00	--
04700	Oil, industrial, soy, ultra low linolenic	0.00	--
04701	Oil, industrial, soy, fully hydrogenated	0.00	--
04705	Salad dressing, caesar, fat-free	0.00	--
04707	Oil, flaxseed, contains added sliced flaxseed	0.00	--
04708	Mayonnaise, reduced fat, with olive oil	0.00	--
05139	Duck, domesticated, meat and skin, raw	0.00	--
05140	Duck, domesticated, meat and skin, cooked, roasted	0.00	--
05141	Duck, domesticated, meat only, raw	0.00	--
05142	Duck, domesticated, meat only, cooked, roasted	0.00	--
05144	Duck, wild, meat and skin, raw	0.00	--
05145	Duck, wild, breast, meat only, raw	0.00	--
05146	Goose, domesticated, meat and skin, raw	0.00	--
05147	Goose, domesticated, meat and skin, cooked, roasted	0.00	--
05148	Goose, domesticated, meat only, raw	0.00	--
05149	Goose, domesticated, meat only, cooked, roasted	0.00	--
05153	Pheasant, raw, meat and skin	0.00	--
05154	Pheasant, raw, meat only	0.00	--
05155	Pheasant, breast, meat only, raw	0.00	--
05156	Pheasant, leg, meat only, raw	0.00	--
05286	Turkey and gravy, frozen	0.00	--
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	0.00	--
05304	Turkey, mechanically deboned, from turkey frames, raw	0.00	--
05323	Chicken patty, frozen, uncooked	0.00	--
05324	Chicken patty, frozen, cooked	0.00	--
05326	Chicken breast tenders, breaded, cooked, microwaved	0.00	--
05327	Chicken breast tenders, breaded, uncooked	0.00	--
05335	Chicken, feet, boiled	0.00	--
06001	Soup, cream of asparagus, canned, condensed	0.00	--
06002	Soup, black bean, canned, condensed	0.00	--
06004	Soup, bean with pork, canned, condensed	0.00	--
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.00	--
06009	Soup, beef noodle, canned, condensed	0.00	--
06010	Soup, cream of celery, canned, condensed	0.00	--
06011	Soup, cheese, canned, condensed	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
06013	Soup, chicken broth, canned, condensed	0.00	--
06015	Soup, chicken, canned, chunky, ready-to-serve	0.00	--
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.00	--
06023	Soup, chicken with rice, canned, condensed	0.00	--
06025	Soup, chicken vegetable, canned, condensed	0.00	--
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.00	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.00	--
06032	Soup, beef broth bouillon and consommé, canned, condensed	0.00	--
06039	Soup, minestrone, canned, chunky, ready-to-serve	0.00	--
06040	Soup, minestrone, canned, condensed	0.00	--
06043	Soup, cream of mushroom, canned, condensed	0.00	--
06044	Soup, mushroom with beef stock, canned, condensed	0.00	--
06045	Soup, onion, canned, condensed	0.00	--
06046	Soup, cream of onion, canned, condensed	0.00	--
06049	Soup, pea, green, canned, condensed	0.00	--
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0.00	--
06053	Soup, cream of potato, canned, condensed	0.00	--
06063	Soup, tomato rice, canned, condensed	0.00	--
06067	Soup, chunky vegetable, canned, ready-to-serve	0.00	--
06068	Soup, vegetarian vegetable, canned, condensed	0.00	--
06070	Soup, chunky beef, canned, ready-to-serve	0.00	--
06071	Soup, vegetable beef, canned, condensed	0.00	--
06072	Soup, vegetable with beef broth, canned, condensed	0.00	--
06075	Soup, beef broth or bouillon, powder, dry	0.00	--
06076	Soup, beef broth, cubed, dry	0.00	--
06081	Soup, chicken broth cubes, dry	0.00	--
06094	Soup, onion, dry, mix	0.00	--
06101	Soup, cream of vegetable, dry, powder	0.00	--
06112	Sauce, teriyaki, ready-to-serve	0.00	--
06115	Gravy, au jus, dry	0.00	--
06116	Gravy, beef, canned, ready-to-serve	0.00	--
06118	Gravy, brown, dry	0.00	--
06120	Gravy, chicken, dry	0.00	--
06122	Gravy, mushroom, dry, powder	0.00	--
06124	Gravy, pork, dry, powder	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
06126	Gravy, turkey, dry	0.00	--
06149	Soup, chicken mushroom, canned, condensed	0.00	--
06150	Sauce, barbecue	0.00	--
06151	Sauce, plum, ready-to-serve	0.00	--
06152	Sauce, pizza, canned, ready-to-serve	0.00	--
06159	Soup, tomato, canned, condensed	0.00	--
06164	Sauce, salsa, ready-to-serve	0.00	--
06165	Sauce, homemade, white, thin	0.00	--
06166	Sauce, homemade, white, medium	0.00	--
06167	Sauce, homemade, white, thick	0.00	--
06169	Sauce, ready-to-serve, pepper, TABASCO	0.00	--
06170	Soup, stock, beef, home-prepared	0.00	--
06172	Soup, stock, chicken, home-prepared	0.00	--
06175	Sauce, hoisin, ready-to-serve	0.00	--
06176	Sauce, oyster, ready-to-serve	0.00	--
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.00	--
06179	Sauce, fish, ready-to-serve	0.00	--
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.00	--
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.00	--
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00	--
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.00	--
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0.00	--
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.00	--
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.00	--
06194	Soup, chicken broth, ready-to-serve	0.00	--
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.00	--
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.00	--
06211	Soup, cheese, canned, prepared with equal volume milk	0.00	--
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.00	--
06217	Soup, vegetable, canned, low sodium, condensed	0.00	--
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.00	--
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.00	--
06249	Soup, pea, green, canned, prepared with equal volume milk	0.00	--
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.00	--
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
06307	Sauce, barbecue, KRAFT, original	0.00	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.00	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.00	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.00	--
06402	Soup, black bean, canned, prepared with equal volume water	0.00	--
06404	Soup, bean with pork, canned, prepared with equal volume water	0.00	--
06409	Soup, beef noodle, canned, prepared with equal volume water	0.00	--
06410	Soup, cream of celery, canned, prepared with equal volume water	0.00	--
06413	Soup, chicken broth, canned, prepared with equal volume water	0.00	--
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.00	--
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.00	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.00	--
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.00	--
06440	Soup, minestrone, canned, prepared with equal volume water	0.00	--
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.00	--
06449	Soup, pea, green, canned, prepared with equal volume water	0.00	--
06453	Soup, cream of potato, canned, prepared with equal volume water	0.00	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.00	--
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.00	--
06463	Soup, tomato rice, canned, prepared with equal volume water	0.00	--
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.00	--
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.00	--
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.00	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.00	--
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.00	--
06475	Soup, beef broth or bouillon, powder, prepared with water	0.00	--
06476	Soup, beef broth, cubed, prepared with water	0.00	--
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.00	--
06481	Soup, chicken broth cubes, dry, prepared with water	0.00	--
06483	Soup, cream of chicken, dry, mix, prepared with water	0.00	--
06494	Soup, onion, dry, mix, prepared with water	0.00	--
06498	Soup, tomato, dry, mix, prepared with water	0.00	--
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.00	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.00	--
06584	Soup, broccoli cheese, canned, condensed, commercial	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
06611	Soup, SWANSON, beef broth, lower sodium	0.00	--
06615	Soup, SWANSON, vegetable broth	0.00	--
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.00	--
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.00	--
06700	Soup, vegetable broth, ready to serve	0.00	--
06930	Sauce, cheese, ready-to-serve	0.00	--
06956	Soup, tomato, canned, condensed, reduced sodium	0.00	--
06957	Gravy, brown instant, dry	0.00	--
06958	Gravy, instant beef, dry	0.00	--
06959	Gravy, instant turkey, dry	0.00	--
06961	Sauce, peppers, hot, chili, mature red, canned	0.00	--
06962	Sauce, chili, peppers, hot, immature green, canned	0.00	--
06964	Soup, tomato, low sodium, with water	0.00	--
06965	Soup, pea, low sodium, prepared with equal volume water	0.00	--
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.00	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.00	--
06969	Potato soup, instant, dry mix	0.00	--
06970	Soup, chicken broth, low sodium, canned	0.00	--
06971	Sauce, worcestershire	0.00	--
06972	Sauce, tomato chili sauce, bottled, with salt	0.00	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.00	--
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.00	--
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.00	--
06985	Gravy, HEINZ Home Style, savory beef	0.00	--
07001	Barbecue loaf, pork, beef	0.00	--
07003	Beerwurst, beer salami, pork	0.00	--
07004	Sausage, Berliner, pork, beef	0.00	--
07005	Blood sausage	0.00	--
07010	Bologna, pork	0.00	--
07014	Braunschweiger (a liver sausage), pork	0.00	--
07015	Brotwurst, pork, beef, link	0.00	--
07016	Cheesefurter, cheese smokie, pork, beef	0.00	--
07018	Chicken spread	0.00	--
07020	Corned beef loaf, jellied	0.00	--
07022	Frankfurter, beef, unheated	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
07026	Ham, chopped, canned	0.00	--
07027	Ham, chopped, not canned	0.00	--
07030	Ham, minced	0.00	--
07031	Ham salad spread	0.00	--
07032	Ham and cheese loaf or roll	0.00	--
07033	Ham and cheese spread	0.00	--
07034	Headcheese, pork	0.00	--
07036	Sausage, Italian, pork, raw	0.00	--
07038	Knackwurst, knockwurst, pork, beef	0.00	--
07040	Liver cheese, pork	0.00	--
07041	Liver sausage, liverwurst, pork	0.00	--
07045	Luncheon meat, pork, canned	0.00	--
07050	Mortadella, beef, pork	0.00	--
07051	Olive loaf, pork	0.00	--
07055	Pate, liver, not specified, canned	0.00	--
07056	Peppered loaf, pork, beef	0.00	--
07058	Pickle and pimiento loaf, pork	0.00	--
07059	Polish sausage, pork	0.00	--
07060	Luxury loaf, pork	0.00	--
07061	Mother's loaf, pork	0.00	--
07062	Picnic loaf, pork, beef	0.00	--
07067	Poultry salad sandwich spread	0.00	--
07068	Salami, cooked, beef	0.00	--
07073	Sandwich spread, pork, beef	0.00	--
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0.00	--
07078	Thuringer, cervelat, summer sausage, beef, pork	0.00	--
07083	Sausage, Vienna, canned, chicken, beef, pork	0.00	--
07088	Honey roll sausage, beef	0.00	--
07089	Sausage, Italian, pork, cooked	0.00	--
07090	Luncheon sausage, pork and beef	0.00	--
07091	New england brand sausage, pork, beef	0.00	--
07905	Frankfurter, beef, pork, and turkey, fat free	0.00	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.00	--
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	0.00	--
07911	Liverwurst spread	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
07913	Salami, pork, beef, less sodium	0.00	--
07916	Sausage, Polish, pork and beef, smoked	0.00	--
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.00	--
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0.00	--
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0.00	--
07921	Bacon and beef sticks	0.00	--
07922	Bratwurst, beef and pork, smoked	0.00	--
07942	Pate, truffle flavor	0.00	--
07945	Frankfurter, beef, heated	0.00	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0.00	--
08002	Cereals ready-to-eat, POST, ALPHA-BITS	0.00	--
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0.00	--
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0.00	--
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	0.00	--
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	0.00	--
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.00	--
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0.00	--
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	0.00	--
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	0.00	--
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.00	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	0.00	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0.00	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0.00	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0.00	--
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	0.00	--
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.00	--
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	0.00	--
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	0.00	--
08037	Cereals ready-to-eat, granola, homemade	0.00	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	0.00	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	0.00	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0.00	--
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	0.00	--
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0.00	--
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.00	--
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0.00	--
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	0.00	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0.00	--
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	0.00	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0.00	--
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0.00	--
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0.00	--
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	0.00	--
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.00	--
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	0.00	--
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0.00	--
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0.00	--
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.00	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	0.00	--
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	0.00	--
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0.00	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	0.00	--
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	0.00	--
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	0.00	--
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0.00	--
08084	Cereals ready-to-eat, wheat germ, toasted, plain	0.00	--
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	0.00	--
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	0.00	--
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	0.00	--
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.00	--
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.00	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.00	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.00	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0.00	--
08100	Cereals, CREAM OF RICE, dry	0.00	--
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.00	--
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0.00	--
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.00	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.00	--
08106	Cereals, CREAM OF WHEAT, instant, dry	0.00	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.00	--
08113	Cereals, farina, enriched, cooked with water, without salt	0.00	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	0.00	--
08120	Cereals, oats, regular and quick, not fortified, dry	0.00	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.00	--
08122	Cereals, oats, instant, fortified, plain, dry	0.00	--
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.00	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0.00	--
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.00	--
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0.00	--
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.00	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	0.00	--
08142	Cereals, WHEATENA, dry	0.00	--
08143	Cereals, WHEATENA, cooked with water	0.00	--
08144	Cereals, whole wheat hot natural cereal, dry	0.00	--
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.00	--
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0.00	--
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.00	--
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.00	--
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.00	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.00	--
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.00	--
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.00	--
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.00	--
08172	Cereals, farina, unenriched, dry	0.00	--
08173	Cereals, farina, enriched, cooked with water, with salt	0.00	--
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0.00	--
08182	Cereals, WHEATENA, cooked with water, with salt	0.00	--
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.00	--
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	0.00	--
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	0.00	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	0.00	--
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	0.00	--
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.00	--
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	0.00	--
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	0.00	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	0.00	--
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	0.00	--
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	0.00	--
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	0.00	--
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	0.00	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	0.00	--
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	0.00	--
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	0.00	--
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	0.00	--
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0.00	--
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	0.00	--
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	0.00	--
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	0.00	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	0.00	--
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	0.00	--
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	0.00	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	0.00	--
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	0.00	--
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	0.00	--
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0.00	--
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	0.00	--
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	0.00	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	0.00	--
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	0.00	--
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	0.00	--
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	0.00	--
08305	Cereals ready-to-eat, Post, Waffle Crisp	0.00	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.00	--
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	0.00	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	0.00	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	0.00	--
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	0.00	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	0.00	--
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	0.00	--
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	0.00	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	0.00	--
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	0.00	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	0.00	--
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	0.00	--
08393	Cereals ready-to-eat, KASHI GOLEAN	0.00	--
08402	Cereals, QUAKER, Quick Oats, Dry	0.00	--
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0.00	--
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0.00	--
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	0.00	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	0.00	--
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.00	--
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.00	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	0.00	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	0.00	--
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	0.00	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	0.00	--
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0.00	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0.00	--
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.00	--
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0.00	--
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0.00	--
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0.00	--
08510	Milk and cereal bar	0.00	--
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	0.00	--
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	0.00	--
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	0.00	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	0.00	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	0.00	--
08546	Rice and Wheat cereal bar	0.00	--
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	0.00	--
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	0.00	--
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	0.00	--
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0.00	--
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.00	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.00	--
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0.00	--
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.00	--
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.00	--
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	0.00	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	0.00	--
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	0.00	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	0.00	--
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	0.00	--
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	0.00	--
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	0.00	--
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	0.00	--
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	0.00	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	0.00	--
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	0.00	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	0.00	--
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.00	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	0.00	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	0.00	--
08610	Cereals ready-to-eat, KASHI Honey Sunshine	0.00	--
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	0.00	--
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	0.00	--
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	0.00	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	0.00	--
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	0.00	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.00	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0.00	--
09001	Acerola, (west indian cherry), raw	0.00	--
09002	Acerola juice, raw	0.00	--
09003	Apples, raw, with skin	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09004	Apples, raw, without skin	0.00	--
09005	Apples, raw, without skin, cooked, boiled	0.00	--
09006	Apples, raw, without skin, cooked, microwave	0.00	--
09007	Apples, canned, sweetened, sliced, drained, unheated	0.00	--
09008	Apples, canned, sweetened, sliced, drained, heated	0.00	--
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.00	--
09011	Apples, dried, sulfured, uncooked	0.00	--
09012	Apples, dried, sulfured, stewed, without added sugar	0.00	--
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.00	--
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.00	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.00	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.00	--
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.00	--
09021	Apricots, raw	0.00	--
09022	Apricots, canned, water pack, with skin, solids and liquids	0.00	--
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.00	--
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.00	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.00	--
09032	Apricots, dried, sulfured, uncooked	0.00	--
09033	Apricots, dried, sulfured, stewed, without added sugar	0.00	--
09035	Apricots, frozen, sweetened	0.00	--
09036	Apricot nectar, canned, without added ascorbic acid	0.00	--
09037	Avocados, raw, all commercial varieties	0.00	--
09038	Avocados, raw, California	0.00	--
09040	Bananas, raw	0.00	--
09041	Bananas, dehydrated, or banana powder	0.00	--
09042	Blackberries, raw	0.00	--
09043	Blackberry juice, canned	0.00	--
09044	Cherries, tart, dried, sweetened	0.00	--
09046	Blackberries, canned, heavy syrup, solids and liquids	0.00	--
09048	Blackberries, frozen, unsweetened	0.00	--
09050	Blueberries, raw	0.00	--
09052	Blueberries, canned, heavy syrup, solids and liquids	0.00	--
09054	Blueberries, frozen, unsweetened	0.00	--
09055	Blueberries, frozen, sweetened	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09056	Boysenberries, canned, heavy syrup	0.00	--
09057	Boysenberries, frozen, unsweetened	0.00	--
09059	Breadfruit, raw	0.00	--
09060	Carambola, (starfruit), raw	0.00	--
09062	Cherimoya, raw	0.00	--
09063	Cherries, sour, red, raw	0.00	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.00	--
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.00	--
09068	Cherries, sour, red, frozen, unsweetened	0.00	--
09070	Cherries, sweet, raw	0.00	--
09071	Cherries, sweet, canned, water pack, solids and liquids	0.00	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.00	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.00	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.00	--
09076	Cherries, sweet, frozen, sweetened	0.00	--
09078	Cranberries, raw	0.00	--
09079	Cranberries, dried, sweetened	0.00	--
09081	Cranberry sauce, canned, sweetened	0.00	--
09084	Currants, red and white, raw	0.00	--
09085	Currants, zante, dried	0.00	--
09087	Dates, deglet noor	0.00	--
09088	Elderberries, raw	0.00	--
09089	Figs, raw	0.00	--
09090	Figs, canned, water pack, solids and liquids	0.00	--
09091	Figs, canned, light syrup pack, solids and liquids	0.00	--
09092	Figs, canned, heavy syrup pack, solids and liquids	0.00	--
09094	Figs, dried, uncooked	0.00	--
09095	Figs, dried, stewed	0.00	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.00	--
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.00	--
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.00	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.00	--
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.00	--
09107	Gooseberries, raw	0.00	--
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09111	Grapefruit, raw, pink and red and white, all areas	0.00	--
09112	Grapefruit, raw, pink and red, all areas	0.00	--
09114	Grapefruit, raw, pink and red, Florida	0.00	--
09116	Grapefruit, raw, white, all areas	0.00	--
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.00	--
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.00	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.00	--
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.00	--
09124	Grapefruit juice, white, canned, sweetened	0.00	--
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.00	--
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.00	--
09127	Grapefruit juice, pink or red, with added calcium	0.00	--
09128	Grapefruit juice, white, raw	0.00	--
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.00	--
09131	Grapes, american type (slip skin), raw	0.00	--
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.00	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.00	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.00	--
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.00	--
09139	Guavas, common, raw	0.00	--
09143	Guava sauce, cooked	0.00	--
09144	Jackfruit, raw	0.00	--
09148	Kiwifruit, green, raw	0.00	--
09149	Kumquats, raw	0.00	--
09150	Lemons, raw, without peel	0.00	--
09152	Lemon juice, raw	0.00	--
09153	Lemon juice from concentrate, canned or bottled	0.00	--
09154	Lemon juice, frozen, unsweetened, single strength	0.00	--
09156	Lemon peel, raw	0.00	--
09159	Limes, raw	0.00	--
09160	Lime juice, raw	0.00	--
09161	Lime juice, canned or bottled, unsweetened	0.00	--
09163	Blueberries, dried, sweetened	0.00	--
09164	Litchis, raw	0.00	--
09165	Litchis, dried	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09167	Loganberries, frozen	0.00	--
09174	Loquats, raw	0.00	--
09175	Mammy-apple, (mamey), raw	0.00	--
09176	Mangos, raw	0.00	--
09181	Melons, cantaloupe, raw	0.00	--
09183	Melons, casaba, raw	0.00	--
09184	Melons, honeydew, raw	0.00	--
09185	Melon balls, frozen	0.00	--
09190	Mulberries, raw	0.00	--
09191	Nectarines, raw	0.00	--
09193	Olives, ripe, canned (small-extra large)	0.00	--
09194	Olives, ripe, canned (jumbo-super colossal)	0.00	--
09195	Olives, pickled, canned or bottled, green	0.00	--
09200	Oranges, raw, all commercial varieties	0.00	--
09203	Oranges, raw, Florida	0.00	--
09205	Oranges, raw, with peel	0.00	--
09206	Orange juice, raw	0.00	--
09207	Orange juice, canned, unsweetened	0.00	--
09209	Orange juice, chilled, includes from concentrate	0.00	--
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.00	--
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.00	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.00	--
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.00	--
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.00	--
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.00	--
09216	Orange peel, raw	0.00	--
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.00	--
09218	Tangerines, (mandarin oranges), raw	0.00	--
09219	Tangerines, (mandarin oranges), canned, juice pack	0.00	--
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.00	--
09221	Tangerine juice, raw	0.00	--
09223	Tangerine juice, canned, sweetened	0.00	--
09226	Papayas, raw	0.00	--
09228	Papaya, canned, heavy syrup, drained	0.00	--
09229	Papaya nectar, canned	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09231	Passion-fruit, (granadilla), purple, raw	0.00	--
09232	Passion-fruit juice, purple, raw	0.00	--
09233	Passion-fruit juice, yellow, raw	0.00	--
09236	Peaches, yellow, raw	0.00	--
09237	Peaches, canned, water pack, solids and liquids	0.00	--
09238	Peaches, canned, juice pack, solids and liquids	0.00	--
09240	Peaches, canned, light syrup pack, solids and liquids	0.00	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.00	--
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.00	--
09250	Peaches, frozen, sliced, sweetened	0.00	--
09251	Peach nectar, canned, without added ascorbic acid	0.00	--
09252	Pears, raw	0.00	--
09253	Pears, canned, water pack, solids and liquids	0.00	--
09254	Pears, canned, juice pack, solids and liquids	0.00	--
09256	Pears, canned, light syrup pack, solids and liquids	0.00	--
09257	Pears, canned, heavy syrup pack, solids and liquids	0.00	--
09259	Pears, dried, sulfured, uncooked	0.00	--
09260	Pears, dried, sulfured, stewed, without added sugar	0.00	--
09261	Pears, dried, sulfured, stewed, with added sugar	0.00	--
09262	Pear nectar, canned, without added ascorbic acid	0.00	--
09263	Persimmons, japanese, raw	0.00	--
09266	Pineapple, raw, all varieties	0.00	--
09267	Pineapple, canned, water pack, solids and liquids	0.00	--
09268	Pineapple, canned, juice pack, solids and liquids	0.00	--
09269	Pineapple, canned, light syrup pack, solids and liquids	0.00	--
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.00	--
09272	Pineapple, frozen, chunks, sweetened	0.00	--
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.00	--
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.00	--
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.00	--
09277	Plantains, raw	0.00	--
09278	Plantains, cooked	0.00	--
09279	Plums, raw	0.00	--
09281	Plums, canned, purple, water pack, solids and liquids	0.00	--
09282	Plums, canned, purple, juice pack, solids and liquids	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.00	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.00	--
09286	Pomegranates, raw	0.00	--
09287	Prickly pears, raw	0.00	--
09291	Plums, dried (prunes), uncooked	0.00	--
09292	Plums, dried (prunes), stewed, without added sugar	0.00	--
09293	Plums, dried (prunes), stewed, with added sugar	0.00	--
09294	Prune juice, canned	0.00	--
09296	Quinces, raw	0.00	--
09297	Raisins, golden seedless	0.00	--
09298	Raisins, seedless	0.00	--
09299	Raisins, seeded	0.00	--
09302	Raspberries, raw	0.00	--
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.00	--
09306	Raspberries, frozen, red, sweetened	0.00	--
09307	Rhubarb, raw	0.00	--
09309	Rhubarb, frozen, uncooked	0.00	--
09310	Rhubarb, frozen, cooked, with sugar	0.00	--
09313	Sapodilla, raw	0.00	--
09315	Soursop, raw	0.00	--
09316	Strawberries, raw	0.00	--
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.00	--
09318	Strawberries, frozen, unsweetened	0.00	--
09319	Strawberries, frozen, sweetened, whole	0.00	--
09320	Strawberries, frozen, sweetened, sliced	0.00	--
09321	Sugar-apples, (sweetsop), raw	0.00	--
09322	Tamarinds, raw	0.00	--
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.00	--
09326	Watermelon, raw	0.00	--
09328	Maraschino cherries, canned, drained	0.00	--
09334	Feijoa, raw	0.00	--
09340	Pears, asian, raw	0.00	--
09351	Fruit cocktail, canned, heavy syrup, drained	0.00	--
09352	Blueberries, canned, light syrup, drained	0.00	--
09354	Pineapple, canned, juice pack, drained	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
09357	Apricots, canned, heavy syrup, drained	0.00	--
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.00	--
09370	Peaches, canned, heavy syrup, drained	0.00	--
09374	Pears, canned, heavy syrup, drained	0.00	--
09379	Plums, canned, heavy syrup, drained	0.00	--
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.00	--
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.00	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.00	--
09434	Guanabana nectar, canned	0.00	--
09436	Mango nectar, canned	0.00	--
09442	Pomegranate juice, bottled	0.00	--
09443	Juice, apple and grape blend, with added ascorbic acid	0.00	--
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.00	--
09452	Orange Pineapple Juice Blend	0.00	--
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.00	--
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.00	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.00	--
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.00	--
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.00	--
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.00	--
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.00	--
09518	Raspberries, frozen, unsweetened	0.00	--
09519	Guava nectar, with sucralose, canned	0.00	--
09520	Kiwifruit, ZESPRI SunGold, raw	0.00	--
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.00	--
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.00	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.00	--
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.00	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.00	--
10117	Pork, fresh, variety meats and by-products, spleen, raw	0.00	--
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	0.00	--
10121	Pork, fresh, variety meats and by-products, tongue, raw	0.00	--
10128	Pork, cured, breakfast strips, raw or unheated	0.00	--
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0.00	--
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0.00	--
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0.00	--
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	0.00	--
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	0.00	--
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0.00	--
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.00	--
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0.00	--
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0.00	--
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0.00	--
11001	Alfalfa seeds, sprouted, raw	0.00	--
11007	Artichokes, (globe or french), raw	0.00	--
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.00	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.00	--
11011	Asparagus, raw	0.00	--
11012	Asparagus, cooked, boiled, drained	0.00	--
11013	Asparagus, canned, regular pack, solids and liquids	0.00	--
11015	Asparagus, canned, drained solids	0.00	--
11018	Asparagus, frozen, unprepared	0.00	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.00	--
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.00	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.00	--
11026	Bamboo shoots, raw	0.00	--
11028	Bamboo shoots, canned, drained solids	0.00	--
11031	Lima beans, immature seeds, raw	0.00	--
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.00	--
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.00	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.00	--
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.00	--
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.00	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.00	--
11043	Mung beans, mature seeds, sprouted, raw	0.00	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.00	--
11050	Beans, shellie, canned, solids and liquids	0.00	--
11052	Beans, snap, green, raw	0.00	--
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.00	--
11056	Beans, snap, green, canned, regular pack, drained solids	0.00	--
11060	Beans, snap, green, frozen, all styles, unprepared	0.00	--
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.00	--
11062	Beans, snap, green, frozen, all styles, microwaved	0.00	--
11080	Beets, raw	0.00	--
11081	Beets, cooked, boiled, drained	0.00	--
11082	Beets, canned, regular pack, solids and liquids	0.00	--
11084	Beets, canned, drained solids	0.00	--
11086	Beet greens, raw	0.00	--
11087	Beet greens, cooked, boiled, drained, without salt	0.00	--
11090	Broccoli, raw	0.00	--
11091	Broccoli, cooked, boiled, drained, without salt	0.00	--
11092	Broccoli, frozen, chopped, unprepared	0.00	--
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.00	--
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.00	--
11096	Broccoli raab, raw	0.00	--
11097	Broccoli raab, cooked	0.00	--
11104	Burdock root, raw	0.00	--
11105	Burdock root, cooked, boiled, drained, without salt	0.00	--
11109	Cabbage, raw	0.00	--
11110	Cabbage, cooked, boiled, drained, without salt	0.00	--
11113	Cabbage, red, cooked, boiled, drained, without salt	0.00	--
11114	Cabbage, savoy, raw	0.00	--
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.00	--
11116	Cabbage, chinese (pak-choi), raw	0.00	--
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.00	--
11118	Cabbage, kimchi	0.00	--
11119	Cabbage, chinese (pe-tsai), raw	0.00	--
11124	Carrots, raw	0.00	--
11125	Carrots, cooked, boiled, drained, without salt	0.00	--
11126	Carrots, canned, regular pack, solids and liquids	0.00	--
11128	Carrots, canned, regular pack, drained solids	0.00	--
11130	Carrots, frozen, unprepared	0.00	--
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11134	Cassava, raw	0.00	--
11135	Cauliflower, raw	0.00	--
11136	Cauliflower, cooked, boiled, drained, without salt	0.00	--
11137	Cauliflower, frozen, unprepared	0.00	--
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.00	--
11141	Celeriac, raw	0.00	--
11143	Celery, raw	0.00	--
11144	Celery, cooked, boiled, drained, without salt	0.00	--
11147	Chard, swiss, raw	0.00	--
11148	Chard, swiss, cooked, boiled, drained, without salt	0.00	--
11149	Chayote, fruit, raw	0.00	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.00	--
11152	Chicory greens, raw	0.00	--
11156	Chives, raw	0.00	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.00	--
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.00	--
11165	Coriander (cilantro) leaves, raw	0.00	--
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.00	--
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.00	--
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.00	--
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.00	--
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.00	--
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.00	--
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.00	--
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.00	--
11182	Corn, yellow, whole kernel, frozen, microwaved	0.00	--
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.00	--
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.00	--
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.00	--
11197	Cowpeas, young pods with seeds, raw	0.00	--
11203	Cress, garden, raw	0.00	--
11204	Cress, garden, cooked, boiled, drained, without salt	0.00	--
11205	Cucumber, with peel, raw	0.00	--
11206	Cucumber, peeled, raw	0.00	--
11207	Dandelion greens, raw	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11208	Dandelion greens, cooked, boiled, drained, without salt	0.00	--
11209	Eggplant, raw	0.00	--
11210	Eggplant, cooked, boiled, drained, without salt	0.00	--
11212	Edamame, frozen, prepared	0.00	--
11213	Endive, raw	0.00	--
11214	Escarole, cooked, boiled, drained, no salt added	0.00	--
11215	Garlic, raw	0.00	--
11216	Ginger root, raw	0.00	--
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.00	--
11224	Hyacinth-beans, immature seeds, raw	0.00	--
11226	Jerusalem-artichokes, raw	0.00	--
11232	Jute, potherb, cooked, boiled, drained, without salt	0.00	--
11240	Mushrooms, morel, raw	0.00	--
11241	Kohlrabi, raw	0.00	--
11242	Kohlrabi, cooked, boiled, drained, without salt	0.00	--
11243	Mushrooms, portabella, grilled	0.00	--
11246	Leeks, (bulb and lower leaf-portion), raw	0.00	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.00	--
11251	Lettuce, cos or romaine, raw	0.00	--
11252	Lettuce, iceberg (includes crisphead types), raw	0.00	--
11253	Lettuce, green leaf, raw	0.00	--
11255	Lotus root, cooked, boiled, drained, without salt	0.00	--
11257	Lettuce, red leaf, raw	0.00	--
11260	Mushrooms, white, raw	0.00	--
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.00	--
11263	Mushrooms, white, stir-fried	0.00	--
11264	Mushrooms, canned, drained solids	0.00	--
11266	Mushrooms, brown, italian, or crimini, raw	0.00	--
11267	Mushrooms, shiitake, stir-fried	0.00	--
11268	Mushrooms, shiitake, dried	0.00	--
11269	Mushrooms, shiitake, cooked, without salt	0.00	--
11270	Mustard greens, raw	0.00	--
11271	Mustard greens, cooked, boiled, drained, without salt	0.00	--
11272	Mustard greens, frozen, unprepared	0.00	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11274	Mustard spinach, (tendergreen), raw	0.00	--
11278	Okra, raw	0.00	--
11279	Okra, cooked, boiled, drained, without salt	0.00	--
11280	Okra, frozen, unprepared	0.00	--
11281	Okra, frozen, cooked, boiled, drained, without salt	0.00	--
11282	Onions, raw	0.00	--
11283	Onions, cooked, boiled, drained, without salt	0.00	--
11284	Onions, dehydrated flakes	0.00	--
11285	Onions, canned, solids and liquids	0.00	--
11286	Onions, yellow, sauteed	0.00	--
11287	Onions, frozen, chopped, unprepared	0.00	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.00	--
11289	Onions, frozen, whole, unprepared	0.00	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.00	--
11291	Onions, spring or scallions (includes tops and bulb), raw	0.00	--
11292	Onions, young green, tops only	0.00	--
11297	Parsley, fresh	0.00	--
11299	Parsnips, cooked, boiled, drained, without salt	0.00	--
11300	Peas, edible-podded, raw	0.00	--
11301	Peas, edible-podded, boiled, drained, without salt	0.00	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.00	--
11304	Peas, green, raw	0.00	--
11305	Peas, green, cooked, boiled, drained, without salt	0.00	--
11306	Peas, green, canned, regular pack, solids and liquids	0.00	--
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.00	--
11311	Peas, green, canned, drained solids, rinsed in tap water	0.00	--
11312	Peas, green, frozen, unprepared	0.00	--
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.00	--
11322	Peas and carrots, frozen, unprepared	0.00	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.00	--
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.00	--
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.00	--
11333	Peppers, sweet, green, raw	0.00	--
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.00	--
11339	Peppers, sweet, green, sauteed	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11344	Pigeonpeas, immature seeds, raw	0.00	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.00	--
11349	Poi	0.00	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.00	--
11352	Potatoes, flesh and skin, raw	0.00	--
11353	Potatoes, russet, flesh and skin, raw	0.00	--
11354	Potatoes, white, flesh and skin, raw	0.00	--
11355	Potatoes, red, flesh and skin, raw	0.00	--
11356	Potatoes, Russet, flesh and skin, baked	0.00	--
11357	Potatoes, white, flesh and skin, baked	0.00	--
11358	Potatoes, red, flesh and skin, baked	0.00	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.00	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.00	--
11363	Potatoes, baked, flesh, without salt	0.00	--
11364	Potatoes, baked, skin, without salt	0.00	--
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.00	--
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.00	--
11370	Potatoes, hash brown, home-prepared	0.00	--
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.00	--
11374	Potatoes, canned, solids and liquids	0.00	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.00	--
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.00	--
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.00	--
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.00	--
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0.00	--
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.00	--
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.00	--
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.00	--
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.00	--
11400	Potatoes, frozen, whole, unprepared	0.00	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.00	--
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.00	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.00	--
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.00	--
11413	Potato flour	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.00	--
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.00	--
11422	Pumpkin, raw	0.00	--
11423	Pumpkin, cooked, boiled, drained, without salt	0.00	--
11424	Pumpkin, canned, without salt	0.00	--
11429	Radishes, raw	0.00	--
11430	Radishes, oriental, raw	0.00	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.00	--
11432	Radishes, oriental, dried	0.00	--
11435	Rutabagas, raw	0.00	--
11436	Rutabagas, cooked, boiled, drained, without salt	0.00	--
11438	Salsify, cooked, boiled, drained, without salt	0.00	--
11439	Sauerkraut, canned, solids and liquids	0.00	--
11451	Soybeans, green, cooked, boiled, drained, without salt	0.00	--
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.00	--
11457	Spinach, raw	0.00	--
11458	Spinach, cooked, boiled, drained, without salt	0.00	--
11459	Spinach, canned, regular pack, solids and liquids	0.00	--
11461	Spinach, canned, regular pack, drained solids	0.00	--
11463	Spinach, frozen, chopped or leaf, unprepared	0.00	--
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.00	--
11467	Squash, summer, crookneck and straightneck, raw	0.00	--
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.00	--
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.00	--
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.00	--
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.00	--
11475	Squash, summer, scallop, raw	0.00	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.00	--
11477	Squash, summer, zucchini, includes skin, raw	0.00	--
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.00	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.00	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.00	--
11485	Squash, winter, butternut, raw	0.00	--
11487	Squash, winter, butternut, frozen, unprepared	0.00	--
11489	Squash, winter, hubbard, raw	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11490	Squash, winter, hubbard, baked, without salt	0.00	--
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.00	--
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.00	--
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.00	--
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.00	--
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.00	--
11506	Sweet potato leaves, cooked, steamed, without salt	0.00	--
11507	Sweet potato, raw, unprepared	0.00	--
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.00	--
11510	Sweet potato, cooked, boiled, without skin	0.00	--
11512	Sweet potato, canned, vacuum pack	0.00	--
11518	Taro, raw	0.00	--
11519	Taro, cooked, without salt	0.00	--
11520	Taro leaves, raw	0.00	--
11527	Tomatoes, green, raw	0.00	--
11529	Tomatoes, red, ripe, raw, year round average	0.00	--
11530	Tomatoes, red, ripe, cooked	0.00	--
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.00	--
11533	Tomatoes, red, ripe, canned, stewed	0.00	--
11540	Tomato juice, canned, with salt added	0.00	--
11546	Tomato products, canned, paste, without salt added	0.00	--
11547	Tomato products, canned, puree, without salt added	0.00	--
11549	Tomato products, canned, sauce	0.00	--
11551	Tomato products, canned, sauce, with mushrooms	0.00	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.00	--
11563	Tree fern, cooked, without salt	0.00	--
11564	Turnips, raw	0.00	--
11565	Turnips, cooked, boiled, drained, without salt	0.00	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.00	--
11568	Turnip greens, raw	0.00	--
11569	Turnip greens, cooked, boiled, drained, without salt	0.00	--
11574	Turnip greens, frozen, unprepared	0.00	--
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.00	--
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.00	--
11578	Vegetable juice cocktail, canned	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11579	Vegetables, mixed, canned, solids and liquids	0.00	--
11581	Vegetables, mixed, canned, drained solids	0.00	--
11583	Vegetables, mixed, frozen, unprepared	0.00	--
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.00	--
11585	Vegetable juice cocktail, low sodium, canned	0.00	--
11588	Waterchestnuts, chinese, (matai), raw	0.00	--
11590	Waterchestnuts, chinese, canned, solids and liquids	0.00	--
11591	Watercress, raw	0.00	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.00	--
11601	Yam, raw	0.00	--
11602	Yam, cooked, boiled, drained, or baked, without salt	0.00	--
11603	Yambean (jicama), raw	0.00	--
11609	Beets, pickled, canned, solids and liquids	0.00	--
11615	Chives, freeze-dried	0.00	--
11621	Drumstick pods, cooked, boiled, drained, without salt	0.00	--
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.00	--
11632	Peppers, jalapeno, canned, solids and liquids	0.00	--
11634	Peppers, sweet, green, freeze-dried	0.00	--
11640	Shallots, freeze-dried	0.00	--
11641	Squash, summer, all varieties, raw	0.00	--
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.00	--
11643	Squash, winter, all varieties, raw	0.00	--
11644	Squash, winter, all varieties, cooked, baked, without salt	0.00	--
11645	Sweet potato, canned, syrup pack, solids and liquids	0.00	--
11655	Carrot juice, canned	0.00	--
11657	Potatoes, mashed, home-prepared, whole milk added	0.00	--
11659	Sweet potato, cooked, candied, home-prepared	0.00	--
11660	Tomatoes, red, ripe, cooked, stewed	0.00	--
11667	Seaweed, spirulina, dried	0.00	--
11670	Peppers, hot chili, green, raw	0.00	--
11674	Potatoes, baked, flesh and skin, without salt	0.00	--
11677	Shallots, raw	0.00	--
11683	Carrot, dehydrated	0.00	--
11693	Tomatoes, crushed, canned	0.00	--
11695	Tomatoes, orange, raw	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11705	Asparagus, cooked, boiled, drained, with salt	0.00	--
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.00	--
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.00	--
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.00	--
11729	Beans, snap, green, canned, no salt added, drained solids	0.00	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.00	--
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.00	--
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.00	--
11735	Beets, canned, no salt added, solids and liquids	0.00	--
11742	Broccoli, cooked, boiled, drained, with salt	0.00	--
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.00	--
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.00	--
11751	Cabbage, common, cooked, boiled, drained, with salt	0.00	--
11752	Cabbage, red, cooked, boiled, drained, with salt	0.00	--
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.00	--
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.00	--
11757	Carrots, cooked, boiled, drained, with salt	0.00	--
11758	Carrots, canned, no salt added, solids and liquids	0.00	--
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.00	--
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.00	--
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.00	--
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.00	--
11793	Kohlrabi, cooked, boiled, drained, with salt	0.00	--
11799	Mustard greens, cooked, boiled, drained, with salt	0.00	--
11803	Okra, cooked, boiled, drained, with salt	0.00	--
11804	Okra, frozen, cooked, boiled, drained, with salt	0.00	--
11805	Onions, cooked, boiled, drained, with salt	0.00	--
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.00	--
11808	Parsnips, cooked, boiled, drained, with salt	0.00	--
11812	Peas, green, canned, no salt added, solids and liquids	0.00	--
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.00	--
11816	Peas and carrots, canned, no salt added, solids and liquids	0.00	--
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.00	--
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.00	--
11819	Peppers, hot chili, red, raw	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.00	--
11821	Peppers, sweet, red, raw	0.00	--
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.00	--
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.00	--
11828	Potatoes, baked, flesh and skin, with salt	0.00	--
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.00	--
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.00	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.00	--
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.00	--
11851	Rutabagas, cooked, boiled, drained, with salt	0.00	--
11855	Spinach, canned, no salt added, solids and liquids	0.00	--
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.00	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.00	--
11863	Squash, winter, all varieties, cooked, baked, with salt	0.00	--
11868	Squash, winter, hubbard, baked, with salt	0.00	--
11874	Sweet potato leaves, cooked, steamed, with salt	0.00	--
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.00	--
11876	Sweet potato, cooked, boiled, without skin, with salt	0.00	--
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.00	--
11886	Tomato juice, canned, without salt added	0.00	--
11888	Tomato products, canned, puree, with salt added	0.00	--
11889	Turnips, cooked, boiled, drained, with salt	0.00	--
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.00	--
11897	Yam, cooked, boiled, drained, or baked, with salt	0.00	--
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.00	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.00	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.00	--
11906	Corn, sweet, white, canned, cream style, regular pack	0.00	--
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.00	--
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.00	--
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.00	--
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.00	--
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.00	--
11921	Peppers, sweet, red, sauteed	0.00	--
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11931	Peppers, sweet, red, freeze-dried	0.00	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.00	--
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.00	--
11935	Catsup	0.00	--
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00	--
11937	Pickles, cucumber, dill or kosher dill	0.00	--
11938	Mushroom, white, exposed to ultraviolet light, raw	0.00	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.00	--
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.00	--
11941	Pickles, cucumber, sour	0.00	--
11943	Pimento, canned	0.00	--
11945	Pickle relish, sweet	0.00	--
11946	Pickles, cucumber, sour, low sodium	0.00	--
11947	Pickles, cucumber, dill, reduced sodium	0.00	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.00	--
11949	Catsup, low sodium	0.00	--
11950	Mushrooms, enoki, raw	0.00	--
11952	Radicchio, raw	0.00	--
11954	Tomatillos, raw	0.00	--
11955	Tomatoes, sun-dried	0.00	--
11957	Fennel, bulb, raw	0.00	--
11962	Peppers, hot chile, sun-dried	0.00	--
11963	Nopales, raw	0.00	--
11964	Nopales, cooked, without salt	0.00	--
11965	Cauliflower, green, raw	0.00	--
11967	Cauliflower, green, cooked, no salt added	0.00	--
11969	Broccoli, chinese, cooked	0.00	--
11974	Grape leaves, raw	0.00	--
11976	Pepper, banana, raw	0.00	--
11977	Peppers, serrano, raw	0.00	--
11978	Peppers, ancho, dried	0.00	--
11979	Peppers, jalapeno, raw	0.00	--
11980	Peppers, chili, green, canned	0.00	--
11981	Peppers, hungarian, raw	0.00	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
11987	Mushrooms, oyster, raw	0.00	--
11993	Mushrooms, maitake, raw	0.00	--
12005	Seeds, breadnut tree seeds, dried	0.00	--
12007	Seeds, cottonseed flour, partially defatted (glandless)	0.00	--
12023	Seeds, sesame seeds, whole, dried	0.00	--
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0.00	--
12036	Seeds, sunflower seed kernels, dried	0.00	--
12037	Seeds, sunflower seed kernels, dry roasted, without salt	0.00	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0.00	--
12041	Seeds, sunflower seed flour, partially defatted	0.00	--
12061	Nuts, almonds	0.00	--
12062	Nuts, almonds, blanched	0.00	--
12063	Nuts, almonds, dry roasted, without salt added	0.00	--
12065	Nuts, almonds, oil roasted, without salt added	0.00	--
12071	Nuts, almond paste	0.00	--
12078	Nuts, brazilnuts, dried, unblanched	0.00	--
12084	Nuts, butternuts, dried	0.00	--
12085	Nuts, cashew nuts, dry roasted, without salt added	0.00	--
12086	Nuts, cashew nuts, oil roasted, without salt added	0.00	--
12087	Nuts, cashew nuts, raw	0.00	--
12099	Nuts, chestnuts, european, dried, unpeeled	0.00	--
12104	Nuts, coconut meat, raw	0.00	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0.00	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.00	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.00	--
12116	Nuts, coconut cream, canned, sweetened	0.00	--
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.00	--
12119	Nuts, coconut water (liquid from coconuts)	0.00	--
12120	Nuts, hazelnuts or filberts	0.00	--
12121	Nuts, hazelnuts or filberts, blanched	0.00	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	0.00	--
12129	Nuts, ginkgo nuts, canned	0.00	--
12130	Nuts, hickorynuts, dried	0.00	--
12131	Nuts, macadamia nuts, raw	0.00	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
12142	Nuts, pecans	0.00	--
12143	Nuts, pecans, dry roasted, without salt added	0.00	--
12144	Nuts, pecans, oil roasted, without salt added	0.00	--
12147	Nuts, pine nuts, dried	0.00	--
12151	Nuts, pistachio nuts, raw	0.00	--
12154	Nuts, walnuts, black, dried	0.00	--
12155	Nuts, walnuts, english	0.00	--
12157	Nuts, walnuts, dry roasted, with salt added	0.00	--
12160	Seeds, cottonseed kernels, roasted (glandless)	0.00	--
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0.00	--
12167	Nuts, chestnuts, european, roasted	0.00	--
12169	Seeds, sesame butter, paste	0.00	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0.00	--
12195	Nuts, almond butter, plain, without salt added	0.00	--
12201	Seeds, sesame seed kernels, dried (decorticated)	0.00	--
12220	Seeds, flaxseed	0.00	--
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0.00	--
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0.00	--
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	0.00	--
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0.00	--
12563	Nuts, almonds, dry roasted, with salt added	0.00	--
12565	Nuts, almonds, oil roasted, with salt added	0.00	--
12585	Nuts, cashew nuts, dry roasted, with salt added	0.00	--
12586	Nuts, cashew nuts, oil roasted, with salt added	0.00	--
12588	Nuts, cashew butter, plain, with salt added	0.00	--
12632	Nuts, macadamia nuts, dry roasted, with salt added	0.00	--
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	0.00	--
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	0.00	--
12643	Nuts, pecans, dry roasted, with salt added	0.00	--
12644	Nuts, pecans, oil roasted, with salt added	0.00	--
12665	Nuts, almonds, oil roasted, lightly salted	0.00	--
12695	Nuts, almond butter, plain, with salt added	0.00	--
12698	Seeds, sesame butter, tahini, type of kernels unspecified	0.00	--
13019	Beef, retail cuts, separable fat, raw	0.00	--
13020	Beef, retail cuts, separable fat, cooked	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
13317	Beef, ground, patties, frozen, cooked, broiled	0.00	--
13330	Beef, variety meats and by-products, mechanically separated beef, raw	0.00	--
13333	Beef, variety meats and by-products, spleen, raw	0.00	--
13334	Beef, variety meats and by-products, spleen, cooked, braised	0.00	--
13335	Beef, variety meats and by-products, suet, raw	0.00	--
13337	Beef, variety meats and by-products, thymus, raw	0.00	--
13338	Beef, variety meats and by-products, thymus, cooked, braised	0.00	--
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	0.00	--
13344	Beef, cured, breakfast strips, raw or unheated	0.00	--
13345	Beef, cured, breakfast strips, cooked	0.00	--
13346	Beef, cured, corned beef, brisket, raw	0.00	--
13347	Beef, cured, corned beef, brisket, cooked	0.00	--
13348	Beef, cured, corned beef, canned	0.00	--
13353	Beef, cured, luncheon meat, jellied	0.00	--
13357	Beef, cured, sausage, cooked, smoked	0.00	--
13358	Beef, cured, smoked, chopped beef	0.00	--
14003	Alcoholic beverage, beer, regular, all	0.00	--
14006	Alcoholic beverage, beer, light	0.00	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.00	--
14013	Alcoholic beverage, beer, light, low carb	0.00	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.00	--
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.00	--
14021	Beverages, Energy drink, Citrus	0.00	--
14022	Beverages, MONSTER energy drink, low carb	0.00	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.00	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0.00	--
14028	Beverages, Whiskey sour mix, bottled	0.00	--
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.00	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0.00	--
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0.00	--
14033	Beverages, ABBOTT, EAS whey protein powder	0.00	--
14034	Alcoholic beverage, creme de menthe, 72 proof	0.00	--
14035	Beverages, ABBOTT, EAS soy protein powder	0.00	--
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.00	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.00	--
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	0.00	--
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.00	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.00	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	0.00	--
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.00	--
14049	Alcoholic beverage, distilled, gin, 90 proof	0.00	--
14050	Alcoholic beverage, distilled, rum, 80 proof	0.00	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	0.00	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.00	--
14054	Beverages, almond milk, chocolate, ready-to-drink	0.00	--
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	0.00	--
14056	Beverages, Acai berry drink, fortified	0.00	--
14057	Alcoholic beverage, wine, dessert, sweet	0.00	--
14058	Beverages, Whey protein powder isolate	0.00	--
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.00	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.00	--
14061	Beverages, Energy Drink, sugar free	0.00	--
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0.00	--
14063	Beverages, chocolate powder, no sugar added	0.00	--
14064	Beverages, Orange juice, light, No pulp	0.00	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0.00	--
14066	Beverages, Protein powder whey based	0.00	--
14067	Beverages, Protein powder soy based	0.00	--
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	0.00	--
14073	Beverages, ZEVIA, cola	0.00	--
14074	Beverages, ZEVIA, cola, caffeine free	0.00	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	0.00	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	0.00	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00	--
14080	Beverages, rich chocolate, powder	0.00	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.00	--
14084	Alcoholic beverage, wine, table, all	0.00	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.00	--
14091	Beverages, almond milk, unsweetened, shelf stable	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.00	--
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0.00	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.00	--
14096	Alcoholic beverage, wine, table, red	0.00	--
14106	Alcoholic beverage, wine, table, white	0.00	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.00	--
14121	Beverages, carbonated, club soda	0.00	--
14130	Carbonated beverage, cream soda	0.00	--
14136	Beverages, carbonated, ginger ale	0.00	--
14142	Beverages, carbonated, grape soda	0.00	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.00	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.00	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00	--
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.00	--
14147	Beverages, carbonated, cola, without caffeine	0.00	--
14148	Beverages, carbonated, cola, regular	0.00	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00	--
14150	Beverages, carbonated, orange	0.00	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00	--
14154	Beverages, Energy drink, RED BULL	0.00	--
14155	Beverages, carbonated, tonic water	0.00	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00	--
14157	Beverages, carbonated, root beer	0.00	--
14161	Beverages, Kiwi Strawberry Juice Drink	0.00	--
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.00	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	0.00	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0.00	--
14165	Beverages, carbonated, limeade, high caffeine	0.00	--
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.00	--
14167	Beverages, POWERADE, Zero, Mixed Berry	0.00	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0.00	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.00	--
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.00	--
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.00	--
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14180	Beverages, coffee, brewed, breakfast blend	0.00	--
14181	Beverages, chocolate syrup	0.00	--
14182	Beverages, chocolate syrup, prepared with whole milk	0.00	--
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00	--
14187	Beverages, Clam and tomato juice, canned	0.00	--
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.00	--
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.00	--
14190	Beverages, tea, green, ready-to-drink, diet	0.00	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00	--
14192	Beverages, Cocoa mix, powder	0.00	--
14194	Beverages, Cocoa mix, powder, prepared with water	0.00	--
14196	Beverages, Cocoa mix, no sugar added, powder	0.00	--
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.00	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.00	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.00	--
14203	Beverages, coffee, instant, regular, half the caffeine	0.00	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	0.00	--
14206	Beverages, tea, green, ready-to-drink, sweetened	0.00	--
14207	Beverages, tea, ready-to-drink, lemon, diet	0.00	--
14209	Beverages, coffee, brewed, prepared with tap water	0.00	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.00	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00	--
14214	Beverages, coffee, instant, regular, powder	0.00	--
14215	Beverages, coffee, instant, regular, prepared with water	0.00	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0.00	--
14217	Beverages, OCEAN SPRAY, Cran Grape	0.00	--
14218	Beverages, coffee, instant, decaffeinated, powder	0.00	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.00	--
14223	Beverages, coffee, instant, chicory	0.00	--
14224	Beverages, coffee, instant, mocha, sweetened	0.00	--
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.00	--
14238	Beverages, cranberry-apple juice drink, bottled	0.00	--
14239	Alcoholic beverage, malt beer, hard lemonade	0.00	--
14242	Cranberry juice cocktail, bottled	0.00	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.00	--
14247	Beverages, tea, black, ready to drink	0.00	--
14248	Alcoholic beverage, beer, light, higher alcohol	0.00	--
14250	Beverages, AMBER, hard cider	0.00	--
14251	Alcoholic beverages, beer, higher alcohol	0.00	--
14252	Beverages, Malt liquor beverage	0.00	--
14253	Alcoholic beverages, wine, rose	0.00	--
14260	Beverages, tea, green, brewed, decaffeinated	0.00	--
14261	Beverages, tea, green, ready to drink, unsweetened	0.00	--
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.00	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.00	--
14264	Beverages, fruit punch drink, without added nutrients, canned	0.00	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.00	--
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.00	--
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0.00	--
14276	Beverages, Tropical Punch, ready-to-drink	0.00	--
14277	Beverages, grape drink, canned	0.00	--
14278	Beverages, tea, green, brewed, regular	0.00	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00	--
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.00	--
14281	Beverages, tea, black, ready to drink, decaffeinated	0.00	--
14282	Beverages, grape juice drink, canned	0.00	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.00	--
14287	Beverages, Lemonade, powder	0.00	--
14288	Lemonade, powder, prepared with water	0.00	--
14292	Lemonade, frozen concentrate, white	0.00	--
14293	Lemonade, frozen concentrate, white, prepared with water	0.00	--
14296	Beverages, lemonade-flavor drink, powder	0.00	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.00	--
14303	Limeade, frozen concentrate, prepared with water	0.00	--
14305	Malt beverage, includes non-alcoholic beer	0.00	--
14309	Beverages, OVALTINE, Classic Malt powder	0.00	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.00	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.00	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14315	Beverages, OVALTINE, chocolate malt powder	0.00	--
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.00	--
14317	Beverages, malted drink mix, chocolate, powder	0.00	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.00	--
14323	Beverages, orange drink, canned, with added vitamin C	0.00	--
14327	Beverages, orange and apricot juice drink, canned	0.00	--
14334	Beverages, pineapple and grapefruit juice drink, canned	0.00	--
14341	Beverages, pineapple and orange juice drink, canned	0.00	--
14350	Strawberry-flavor beverage mix, powder	0.00	--
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.00	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.00	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.00	--
14355	Beverages, tea, black, brewed, prepared with tap water	0.00	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.00	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.00	--
14366	Beverages, tea, instant, unsweetened, powder	0.00	--
14367	Beverages, tea, instant, unsweetened, prepared with water	0.00	--
14368	Beverages, tea, instant, lemon, unsweetened	0.00	--
14370	Beverages, tea, instant, lemon, sweetened, powder	0.00	--
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.00	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.00	--
14376	Beverages, tea, instant, lemon, diet	0.00	--
14381	Beverages, tea, herb, other than chamomile, brewed	0.00	--
14384	Beverages, water, bottled, PERRIER	0.00	--
14385	Beverages, water, bottled, POLAND SPRING	0.00	--
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.00	--
14400	Beverages, carbonated, cola, fast-food cola	0.00	--
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.00	--
14407	Beverages, orange-flavor drink, breakfast type, powder	0.00	--
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.00	--
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.00	--
14411	Beverages, water, tap, drinking	0.00	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.00	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.00	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	0.00	--
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.00	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.00	--
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.00	--
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.00	--
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.00	--
14429	Beverages, water, tap, municipal	0.00	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.00	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.00	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.00	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.00	--
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0.00	--
14531	Alcoholic beverage, whiskey sour	0.00	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.00	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.00	--
14536	Alcoholic beverage, wine, dessert, dry	0.00	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.00	--
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	0.00	--
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.00	--
14542	Lemonade, frozen concentrate, pink	0.00	--
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.00	--
14545	Beverages, tea, herb, brewed, chamomile	0.00	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.00	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.00	--
14552	Carbonated beverage, chocolate-flavored soda	0.00	--
14553	Beverages, Wine, non-alcoholic	0.00	--
14555	Water, bottled, generic	0.00	--
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0.00	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.00	--
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.00	--
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0.00	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.00	--
14625	Beverages, Energy drink, AMP	0.00	--
14626	Beverages, Energy drink, FULL THROTTLE	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00	--
14628	Beverages, Energy drink, AMP, sugar free	0.00	--
14629	Beverages, Energy drink, ROCKSTAR	0.00	--
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00	--
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.00	--
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.00	--
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.00	--
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.00	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.00	--
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.00	--
14639	Beverages, rice milk, unsweetened	0.00	--
14640	Beverages, Energy drink, VAULT, citrus flavor	0.00	--
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0.00	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.00	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.00	--
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.00	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.00	--
14649	Beverages, tea, hibiscus, brewed	0.00	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.00	--
14654	Beverages, nutritional shake mix, high protein, powder	0.00	--
15004	Fish, bass, striped, raw	0.00	--
15005	Fish, bluefish, raw	0.00	--
15041	Fish, herring, Atlantic, pickled	0.00	--
15045	Fish, lingcod, raw	0.00	--
15077	Fish, salmon, chinook, smoked	0.00	--
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0.00	--
15091	Fish, sea bass, mixed species, raw	0.00	--
15119	Fish, tuna, light, canned in oil, drained solids	0.00	--
15131	Fish, whitefish, mixed species, smoked	0.00	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.00	--
15143	Crustaceans, crab, dungeness, raw	0.00	--
15155	Mollusks, abalone, mixed species, raw	0.00	--
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.00	--
16006	Beans, baked, canned, plain or vegetarian	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
16008	Beans, baked, canned, with franks	0.00	--
16010	Beans, baked, canned, with pork and sweet sauce	0.00	--
16011	Beans, baked, canned, with pork and tomato sauce	0.00	--
16014	Beans, black, mature seeds, raw	0.00	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	0.00	--
16016	Beans, black turtle, mature seeds, raw	0.00	--
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.00	--
16018	Beans, black turtle, mature seeds, canned	0.00	--
16024	Beans, great northern, mature seeds, raw	0.00	--
16026	Beans, great northern, mature seeds, canned	0.00	--
16027	Beans, kidney, all types, mature seeds, raw	0.00	--
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.00	--
16029	Beans, kidney, all types, mature seeds, canned	0.00	--
16032	Beans, kidney, red, mature seeds, raw	0.00	--
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0.00	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.00	--
16037	Beans, navy, mature seeds, raw	0.00	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0.00	--
16039	Beans, navy, mature seeds, canned	0.00	--
16040	Beans, pink, mature seeds, raw	0.00	--
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.00	--
16042	Beans, pinto, mature seeds, raw	0.00	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.00	--
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.00	--
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0.00	--
16049	Beans, white, mature seeds, raw	0.00	--
16050	Beans, white, mature seeds, cooked, boiled, without salt	0.00	--
16052	Broadbeans (fava beans), mature seeds, raw	0.00	--
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.00	--
16055	Carob flour	0.00	--
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0.00	--
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.00	--
16059	Chili with beans, canned	0.00	--
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0.00	--
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
16069	Lentils, raw	0.00	--
16070	Lentils, mature seeds, cooked, boiled, without salt	0.00	--
16071	Lima beans, large, mature seeds, raw	0.00	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.00	--
16074	Lima beans, thin seeded (baby), mature seeds, raw	0.00	--
16080	Mung beans, mature seeds, raw	0.00	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.00	--
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.00	--
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.00	--
16085	Peas, green, split, mature seeds, raw	0.00	--
16086	Peas, split, mature seeds, cooked, boiled, without salt	0.00	--
16087	Peanuts, all types, raw	0.00	--
16088	Peanuts, all types, cooked, boiled, with salt	0.00	--
16097	Peanut butter, chunk style, with salt	0.00	--
16099	Peanut flour, defatted	0.00	--
16104	Bacon, meatless	0.00	--
16107	Sausage, meatless	0.00	--
16109	Soybeans, mature cooked, boiled, without salt	0.00	--
16110	Soybeans, mature seeds, roasted, salted	0.00	--
16112	Miso	0.00	--
16113	Natto	0.00	--
16114	Tempeh	0.00	--
16115	Soy flour, full-fat, raw	0.00	--
16116	Soy flour, full-fat, roasted	0.00	--
16117	Soy flour, defatted	0.00	--
16118	Soy flour, low-fat	0.00	--
16120	Soymilk, original and vanilla, unfortified	0.00	--
16122	Soy protein isolate	0.00	--
16123	Soy sauce made from soy and wheat (shoyu)	0.00	--
16124	Soy sauce made from soy (tamari)	0.00	--
16125	Soy sauce made from hydrolyzed vegetable protein	0.00	--
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.00	--
16129	Tofu, fried	0.00	--
16137	Hummus, home prepared	0.00	--
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.00	--
16146	Beans, pinto, canned, drained solids	0.00	--
16149	Peanut spread, reduced sugar	0.00	--
16150	Peanut butter, smooth, reduced fat	0.00	--
16155	Peanut butter, smooth, vitamin and mineral fortified	0.00	--
16156	Peanut butter, chunky, vitamin and mineral fortified	0.00	--
16157	Chickpea flour (besan)	0.00	--
16159	Tofu, extra firm, prepared with nigari	0.00	--
16166	Soymilk, chocolate, unfortified	0.00	--
16167	USDA Commodity, Peanut Butter, smooth	0.00	--
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.00	--
16171	Refried beans, canned, vegetarian	0.00	--
16172	Refried beans, canned, fat-free	0.00	--
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.00	--
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.00	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.00	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.00	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.00	--
16315	Beans, black, mature seeds, cooked, boiled, with salt	0.00	--
16316	Beans, black, mature seeds, canned, low sodium	0.00	--
16326	Beans, great northern, mature seeds, canned, low sodium	0.00	--
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0.00	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.00	--
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.00	--
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.00	--
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.00	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0.00	--
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.00	--
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.00	--
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.00	--
16397	Peanut butter, chunk style, without salt	0.00	--
16399	Peanut butter with omega-3, creamy	0.00	--
16410	Soybeans, mature seeds, roasted, no salt added	0.00	--
16422	Soy protein isolate, potassium type	0.00	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.00	--
16427	Tofu, raw, regular, prepared with calcium sulfate	0.00	--
17151	Game meat, beaver, cooked, roasted	0.00	--
17176	Game meat, opossum, cooked, roasted	0.00	--
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	0.00	--
17181	Game meat, rabbit, wild, cooked, stewed	0.00	--
17270	Veal, breast, separable fat, cooked	0.00	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.00	--
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.00	--
18005	Bagels, cinnamon-raisin	0.00	--
18006	Bagels, cinnamon-raisin, toasted	0.00	--
18007	Bagels, oat bran	0.00	--
18009	Biscuits, plain or buttermilk, frozen, baked	0.00	--
18010	Biscuits, plain or buttermilk, dry mix	0.00	--
18011	Biscuits, plain or buttermilk, dry mix, prepared	0.00	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.00	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.00	--
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.00	--
18016	Biscuits, plain or buttermilk, prepared from recipe	0.00	--
18017	Biscuits, mixed grain, refrigerated dough	0.00	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0.00	--
18025	Bread, cracked-wheat	0.00	--
18029	Bread, french or vienna (includes sourdough)	0.00	--
18030	Bread, french or vienna, toasted (includes sourdough)	0.00	--
18033	Bread, italian	0.00	--
18036	Bread, multi-grain, toasted (includes whole-grain)	0.00	--
18037	Bread, oat bran	0.00	--
18038	Bread, oat bran, toasted	0.00	--
18039	Bread, oatmeal	0.00	--
18040	Bread, oatmeal, toasted	0.00	--
18041	Bread, pita, white, enriched	0.00	--
18043	Bread, protein (includes gluten)	0.00	--
18044	Bread, pumpernickel	0.00	--
18045	Bread, pumpernickel, toasted	0.00	--
18047	Bread, raisin, enriched	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18048	Bread, raisin, enriched, toasted	0.00	--
18049	Bread, reduced-calorie, oat bran	0.00	--
18050	Bread, reduced-calorie, oat bran, toasted	0.00	--
18053	Bread, reduced-calorie, rye	0.00	--
18057	Bread, reduced-calorie, white	0.00	--
18059	Bread, rice bran	0.00	--
18060	Bread, rye	0.00	--
18061	Bread, rye, toasted	0.00	--
18065	Bread, wheat, toasted	0.00	--
18066	Bread, wheat bran	0.00	--
18070	Bread, white, commercially prepared, toasted	0.00	--
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.00	--
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0.00	--
18079	Bread crumbs, dry, grated, plain	0.00	--
18080	Bread sticks, plain	0.00	--
18082	Bread stuffing, bread, dry mix, prepared	0.00	--
18085	Bread stuffing, cornbread, dry mix, prepared	0.00	--
18087	Cake, angelfood, dry mix	0.00	--
18088	Cake, angelfood, dry mix, prepared	0.00	--
18097	Cake, pudding-type, chocolate, dry mix	0.00	--
18102	Cake, white, prepared from recipe with coconut frosting	0.00	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.00	--
18112	Cake, pudding-type, german chocolate, dry mix	0.00	--
18114	Cake, gingerbread, dry mix	0.00	--
18117	Cake, pudding-type, marble, dry mix	0.00	--
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.00	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0.00	--
18128	Cake, snack cakes, creme-filled, sponge	0.00	--
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.00	--
18135	Cake, pudding-type, white, enriched, dry mix	0.00	--
18139	Cake, white, prepared from recipe without frosting	0.00	--
18142	Cake, pudding-type, yellow, dry mix	0.00	--
18144	Cake, yellow, enriched, dry mix	0.00	--
18148	Cheesecake prepared from mix, no-bake type	0.00	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.00	--
18168	Cookies, chocolate sandwich, with extra creme filling	0.00	--
18170	Cookies, fig bars	0.00	--
18172	Cookies, gingersnaps	0.00	--
18174	Cookies, graham crackers, chocolate-coated	0.00	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.00	--
18177	Cookies, molasses	0.00	--
18178	Cookies, oatmeal, commercially prepared, regular	0.00	--
18180	Cookies, oatmeal, dry mix	0.00	--
18190	Cookies, peanut butter sandwich, regular	0.00	--
18196	Cookies, brownies, dry mix, sugar free	0.00	--
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.00	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.00	--
18200	Cookies, oatmeal, commercially prepared, special dietary	0.00	--
18201	Cookies, peanut butter sandwich, special dietary	0.00	--
18202	Cookies, sugar wafer, with creme filling, sugar free	0.00	--
18210	Cookies, vanilla sandwich with creme filling	0.00	--
18211	Puff pastry, frozen, ready-to-bake, baked	0.00	--
18215	Crackers, cheese, sandwich-type with peanut butter filling	0.00	--
18216	Crackers, crispbread, rye	0.00	--
18217	Crackers, matzo, plain	0.00	--
18220	Crackers, melba toast, plain	0.00	--
18221	Crackers, melba toast, rye (includes pumpernickel)	0.00	--
18225	Crackers, rye, sandwich-type with cheese filling	0.00	--
18226	Crackers, rye, wafers, plain	0.00	--
18227	Crackers, rye, wafers, seasoned	0.00	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.00	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.00	--
18233	Crackers, wheat, sandwich, with cheese filling	0.00	--
18234	Crackers, wheat, sandwich, with peanut butter filling	0.00	--
18235	Crackers, whole-wheat	0.00	--
18236	Cracker meal	0.00	--
18242	Croutons, plain	0.00	--
18243	Croutons, seasoned	0.00	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0.00	--
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0.00	--
18260	English muffins, mixed-grain (includes granola)	0.00	--
18261	English muffins, mixed-grain, toasted (includes granola)	0.00	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.00	--
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0.00	--
18271	Ice cream cones, cake or wafer-type	0.00	--
18272	Ice cream cones, sugar, rolled-type	0.00	--
18283	Muffins, oat bran	0.00	--
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.00	--
18301	Pie, apple, commercially prepared, enriched flour	0.00	--
18302	Pie, apple, prepared from recipe	0.00	--
18303	Pie, banana cream, prepared from mix, no-bake type	0.00	--
18305	Pie, blueberry, commercially prepared	0.00	--
18306	Pie, blueberry, prepared from recipe	0.00	--
18308	Pie, cherry, commercially prepared	0.00	--
18309	Pie, cherry, prepared from recipe	0.00	--
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0.00	--
18313	Pie, coconut creme, commercially prepared	0.00	--
18314	Pie, coconut cream, prepared from mix, no-bake type	0.00	--
18316	Pie, coconut custard, commercially prepared	0.00	--
18319	Pie, fried pies, fruit	0.00	--
18322	Pie, mince, prepared from recipe	0.00	--
18323	Pie, peach	0.00	--
18324	Pie, pecan, commercially prepared	0.00	--
18332	Pie crust, standard-type, dry mix	0.00	--
18336	Pie crust, standard-type, prepared from recipe, baked	0.00	--
18337	Puff pastry, frozen, ready-to-bake	0.00	--
18338	Phyllo dough	0.00	--
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.00	--
18345	Rolls, dinner, oat bran	0.00	--
18346	Rolls, dinner, rye	0.00	--
18347	Rolls, dinner, wheat	0.00	--
18349	Rolls, french	0.00	--
18350	Rolls, hamburger or hotdog, plain	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18351	Rolls, hamburger or hotdog, mixed-grain	0.00	--
18352	Rolls, hamburger or hotdog, reduced-calorie	0.00	--
18353	Rolls, hard (includes kaiser)	0.00	--
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.00	--
18360	Taco shells, baked	0.00	--
18363	Tortillas, ready-to-bake or -fry, corn	0.00	--
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.00	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.00	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.00	--
18371	Leavening agents, baking powder, low-sodium	0.00	--
18372	Leavening agents, baking soda	0.00	--
18373	Leavening agents, cream of tartar	0.00	--
18374	Leavening agents, yeast, baker's, compressed	0.00	--
18375	Leavening agents, yeast, baker's, active dry	0.00	--
18376	Bread crumbs, dry, grated, seasoned	0.00	--
18383	Bread, protein, (includes gluten), toasted	0.00	--
18384	Bread, rice bran, toasted	0.00	--
18385	Bread, wheat germ, toasted	0.00	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.00	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.00	--
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.00	--
18416	Bread, white, commercially prepared, low sodium, no salt	0.00	--
18424	Crackers, melba toast, plain, without salt	0.00	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.00	--
18427	Crackers, standard snack-type, regular, low salt	0.00	--
18434	Crackers, cheese, low sodium	0.00	--
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.00	--
18451	Cake, pound, commercially prepared, fat-free	0.00	--
18453	Cake, yellow, light, dry mix	0.00	--
18457	Crackers, saltines, fat-free, low-sodium	0.00	--
18459	Breakfast tart, low fat	0.00	--
18621	NABISCO, NABISCO RITZ Crackers	0.00	--
18927	Crackers, cheese, sandwich-type with cheese filling	0.00	--
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.00	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0.00	--
18944	Pie, Dutch Apple, Commercially Prepared	0.00	--
18949	Crackers, whole-wheat, reduced fat	0.00	--
18950	Crackers, wheat, reduced fat	0.00	--
18952	Tostada shells, corn	0.00	--
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	0.00	--
18963	Garlic bread, frozen	0.00	--
18965	Crackers, cheese, reduced fat	0.00	--
18968	Bagels, wheat	0.00	--
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.00	--
18971	Bread, potato	0.00	--
18972	Bread, cheese	0.00	--
18973	Focaccia, Italian flatbread, plain	0.00	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	0.00	--
19007	Snacks, corn-based, extruded, onion-flavor	0.00	--
19009	Snacks, KRAFT, CORNNUTS, plain	0.00	--
19013	Snacks, fruit leather, pieces	0.00	--
19014	Snacks, fruit leather, rolls	0.00	--
19015	Snacks, granola bars, hard, plain	0.00	--
19018	Fruit syrup	0.00	--
19030	Syrup, fruit flavored	0.00	--
19034	Snacks, popcorn, air-popped	0.00	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0.00	--
19036	Snacks, popcorn, cakes	0.00	--
19038	Snacks, popcorn, caramel-coated, with peanuts	0.00	--
19039	Snacks, popcorn, caramel-coated, without peanuts	0.00	--
19040	Snacks, popcorn, cheese-flavor	0.00	--
19047	Snacks, pretzels, hard, plain, salted	0.00	--
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.00	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.00	--
19051	Snacks, rice cracker brown rice, plain	0.00	--
19058	Snacks, tortilla chips, ranch-flavor	0.00	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.00	--
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.00	--
19069	Candies, NESTLE, BUTTERFINGER Bar	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19070	Candies, butterscotch	0.00	--
19071	Candies, carob, unsweetened	0.00	--
19076	Candies, caramels, chocolate-flavor roll	0.00	--
19078	Baking chocolate, unsweetened, squares	0.00	--
19079	Candies, confectioner's coating, yogurt	0.00	--
19080	Candies, semisweet chocolate	0.00	--
19081	Candies, sweet chocolate	0.00	--
19083	Candies, sweet chocolate coated fondant	0.00	--
19086	Candies, confectioner's coating, peanut butter	0.00	--
19087	Candies, white chocolate	0.00	--
19088	Ice creams, vanilla, light	0.00	--
19090	Ice creams, french vanilla, soft-serve	0.00	--
19095	Ice creams, vanilla	0.00	--
19096	Ice creams, vanilla, light, soft-serve	0.00	--
19097	Sherbet, orange	0.00	--
19098	Candies, 5TH AVENUE Candy Bar	0.00	--
19099	Candies, fondant, prepared-from-recipe	0.00	--
19100	Candies, fudge, chocolate, prepared-from-recipe	0.00	--
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	0.00	--
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.00	--
19103	Candies, fudge, vanilla, prepared-from-recipe	0.00	--
19104	Candies, fudge, vanilla with nuts	0.00	--
19106	Candies, gumdrops, starch jelly pieces	0.00	--
19107	Candies, hard	0.00	--
19108	Candies, jellybeans	0.00	--
19109	Candies, KIT KAT Wafer Bar	0.00	--
19111	Candies, NESTLE, BABY RUTH Bar	0.00	--
19113	Syrups, table blends, pancake, with butter	0.00	--
19114	Ice creams, chocolate, light	0.00	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	0.00	--
19117	Candies, halavah, plain	0.00	--
19118	Candies, NESTLE, OH HENRY! Bar	0.00	--
19120	Candies, milk chocolate	0.00	--
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.00	--
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.00	--
19125	Chocolate-flavored hazelnut spread	0.00	--
19126	Candies, milk chocolate coated peanuts	0.00	--
19128	Syrups, table blends, pancake, reduced-calorie	0.00	--
19129	Syrups, table blends, pancake	0.00	--
19132	Candies, milk chocolate, with almonds	0.00	--
19134	Candies, milk chocolate, with rice cereal	0.00	--
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.00	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.00	--
19137	Toppings, strawberry	0.00	--
19138	Candies, truffles, prepared-from-recipe	0.00	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	0.00	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	0.00	--
19143	Candies, MR. GOODBAR Chocolate Bar	0.00	--
19144	Candies, NESTLE, 100 GRAND Bar	0.00	--
19147	Candies, peanut bar	0.00	--
19148	Candies, peanut brittle, prepared-from-recipe	0.00	--
19150	Candies, REESE'S Peanut Butter Cups	0.00	--
19151	Candies, REESE'S PIECES Candy	0.00	--
19152	Candies, ROLO Caramels in Milk Chocolate	0.00	--
19154	Candies, sesame crunch	0.00	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0.00	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.00	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.00	--
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	0.00	--
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	0.00	--
19162	Candies, WHATCHAMACALLIT Candy Bar	0.00	--
19163	Chewing gum	0.00	--
19165	Cocoa, dry powder, unsweetened	0.00	--
19166	Cocoa, dry powder, unsweetened, processed with alkali	0.00	--
19172	Gelatin desserts, dry mix	0.00	--
19173	Gelatin desserts, dry mix, prepared with water	0.00	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0.00	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.00	--
19177	Gelatins, dry powder, unsweetened	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19183	Puddings, chocolate, ready-to-eat	0.00	--
19184	Puddings, chocolate, dry mix, instant	0.00	--
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.00	--
19186	Desserts, apple crisp, prepared-from-recipe	0.00	--
19188	Puddings, chocolate, dry mix, regular	0.00	--
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.00	--
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.00	--
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.00	--
19195	Puddings, rice, dry mix, prepared with whole milk	0.00	--
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.00	--
19201	Puddings, vanilla, ready-to-eat	0.00	--
19202	Puddings, vanilla, dry mix, instant	0.00	--
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.00	--
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.00	--
19206	Puddings, vanilla, dry mix, regular	0.00	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.00	--
19208	Puddings, rice, dry mix, prepared with 2% milk	0.00	--
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.00	--
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.00	--
19216	Candies, praline, prepared-from-recipe	0.00	--
19218	Puddings, tapioca, ready-to-eat	0.00	--
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.00	--
19226	Frostings, chocolate, creamy, ready-to-eat	0.00	--
19227	Frostings, coconut-nut, ready-to-eat	0.00	--
19228	Frostings, cream cheese-flavor, ready-to-eat	0.00	--
19230	Frostings, vanilla, creamy, ready-to-eat	0.00	--
19233	Puddings, vanilla, ready-to-eat, fat free	0.00	--
19234	Puddings, tapioca, ready-to-eat, fat free	0.00	--
19235	Puddings, chocolate, ready-to-eat, fat free	0.00	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.00	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	0.00	--
19263	Frozen novelties, fruit and juice bars	0.00	--
19265	Ice creams, chocolate, light, no sugar added	0.00	--
19268	Candies, dark chocolate coated coffee beans	0.00	--
19270	Ice creams, chocolate	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19279	Candies, milk chocolate coated coffee beans	0.00	--
19280	Frozen novelties, ice type, lime	0.00	--
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.00	--
19283	Frozen novelties, ice type, pop	0.00	--
19293	Frozen yogurts, vanilla, soft-serve	0.00	--
19294	Fruit butters, apple	0.00	--
19296	Honey	0.00	--
19297	Jams and preserves	0.00	--
19300	Jellies	0.00	--
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.00	--
19303	Marmalade, orange	0.00	--
19304	Molasses	0.00	--
19310	Pectin, unsweetened, dry mix	0.00	--
19312	Pie fillings, apple, canned	0.00	--
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.00	--
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.00	--
19322	Puddings, coconut cream, dry mix, instant	0.00	--
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.00	--
19324	Puddings, coconut cream, dry mix, regular	0.00	--
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.00	--
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.00	--
19334	Sugars, brown	0.00	--
19335	Sugars, granulated	0.00	--
19336	Sugars, powdered	0.00	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00	--
19340	Sugars, maple	0.00	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.00	--
19349	Syrups, corn, dark	0.00	--
19350	Syrups, corn, light	0.00	--
19351	Syrups, corn, high-fructose	0.00	--
19353	Syrups, maple	0.00	--
19355	Syrups, sorghum	0.00	--
19360	Syrups, table blends, pancake, with 2% maple	0.00	--
19361	Syrups, table blends, cane and 15% maple	0.00	--
19364	Toppings, butterscotch or caramel	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19366	Toppings, pineapple	0.00	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.00	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.00	--
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.00	--
19375	Frostings, glaze, prepared-from-recipe	0.00	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.00	--
19382	Candies, taffy, prepared-from-recipe	0.00	--
19383	Candies, toffee, prepared-from-recipe	0.00	--
19384	Candies, divinity, prepared-from-recipe	0.00	--
19400	Snacks, banana chips	0.00	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0.00	--
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.00	--
19418	Snacks, sesame sticks, wheat-based, salted	0.00	--
19419	Snacks, corn cakes	0.00	--
19422	Snacks, potato chips, reduced fat	0.00	--
19423	Snacks, potato chips, fat-free, made with olestra	0.00	--
19433	Tortilla chips, low fat, baked without fat	0.00	--
19434	Cheese puffs and twists, corn based, baked, low fat	0.00	--
19436	Popcorn, sugar syrup/caramel, fat-free	0.00	--
19437	Snacks, potato chips, fat free, salted	0.00	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.00	--
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	0.00	--
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	0.00	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	0.00	--
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.00	--
19524	Snacks, taro chips	0.00	--
19719	Jams and preserves, apricot	0.00	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.00	--
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0.00	--
19811	Snacks, potato chips, plain, unsalted	0.00	--
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0.00	--
19816	Snacks, rice cakes, brown rice, plain, unsalted	0.00	--
19820	Snacks, sesame sticks, wheat-based, unsalted	0.00	--
19823	Potato chips, without salt, reduced fat	0.00	--
19833	Snacks, tortilla chips, low fat, unsalted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	0.00	--
19858	Candies, sugar-coated almonds	0.00	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	0.00	--
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	0.00	--
19866	Candies, soft fruit and nut squares	0.00	--
19867	Ice creams, vanilla, fat free	0.00	--
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0.00	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.00	--
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	0.00	--
19898	Ice creams, regular, low carbohydrate, vanilla	0.00	--
19899	Ice creams, regular, low carbohydrate, chocolate	0.00	--
19903	Chocolate, dark, 60-69% cacao solids	0.00	--
19910	Candies, crispy bar with peanut butter filling	0.00	--
19912	Sweetener, syrup, agave	0.00	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.00	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	0.00	--
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.00	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.00	--
19918	Sweetener, herbal extract powder from Stevia leaf	0.00	--
19919	Candies, fruit snacks, with high vitamin C	0.00	--
19924	Syrup, NESTLE, chocolate	0.00	--
20001	Amaranth grain, uncooked	0.00	--
20004	Barley, hulled	0.00	--
20005	Barley, pearled, raw	0.00	--
20006	Barley, pearled, cooked	0.00	--
20008	Buckwheat	0.00	--
20009	Buckwheat groats, roasted, dry	0.00	--
20010	Buckwheat groats, roasted, cooked	0.00	--
20011	Buckwheat flour, whole-groat	0.00	--
20012	Bulgur, dry	0.00	--
20013	Bulgur, cooked	0.00	--
20015	Corn bran, crude	0.00	--
20016	Corn flour, whole-grain, yellow	0.00	--
20017	Corn flour, masa, enriched, white	0.00	--
20018	Corn flour, yellow, degermed, unenriched	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
20019	Corn flour, masa, unenriched, white	0.00	--
20020	Cornmeal, whole-grain, yellow	0.00	--
20022	Cornmeal, degermed, enriched, yellow	0.00	--
20027	Cornstarch	0.00	--
20029	Couscous, cooked	0.00	--
20030	Hominy, canned, white	0.00	--
20032	Millet, cooked	0.00	--
20033	Oat bran, raw	0.00	--
20036	Rice, brown, long-grain, raw	0.00	--
20037	Rice, brown, long-grain, cooked	0.00	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.00	--
20044	Rice, white, long-grain, regular, raw, enriched	0.00	--
20045	Rice, white, long-grain, regular, enriched, cooked	0.00	--
20046	Rice, white, long-grain, parboiled, enriched, dry	0.00	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.00	--
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0.00	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.00	--
20055	Rice, white, glutinous, unenriched, cooked	0.00	--
20060	Rice bran, crude	0.00	--
20061	Rice flour, white, unenriched	0.00	--
20062	Rye grain	0.00	--
20063	Rye flour, dark	0.00	--
20064	Rye flour, medium	0.00	--
20065	Rye flour, light	0.00	--
20066	Semolina, enriched	0.00	--
20068	Tapioca, pearl, dry	0.00	--
20072	Wheat, hard red winter	0.00	--
20074	Wheat, hard white	0.00	--
20075	Wheat, soft white	0.00	--
20080	Wheat flour, whole-grain	0.00	--
20081	Wheat flour, white, all-purpose, enriched, bleached	0.00	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.00	--
20083	Wheat flour, white, bread, enriched	0.00	--
20084	Wheat flour, white, cake, enriched	0.00	--
20087	Wheat, sprouted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
20088	Wild rice, raw	0.00	--
20089	Wild rice, cooked	0.00	--
20091	Pasta, gluten-free, corn, dry	0.00	--
20092	Pasta, gluten-free, corn, cooked	0.00	--
20106	Macaroni, vegetable, enriched, cooked	0.00	--
20112	Noodles, egg, spinach, enriched, cooked	0.00	--
20113	Noodles, chinese, chow mein	0.00	--
20116	Noodles, japanese, somen, dry	0.00	--
20120	Pasta, dry, enriched	0.00	--
20121	Pasta, cooked, enriched, without added salt	0.00	--
20125	Pasta, whole-wheat, cooked	0.00	--
20126	Spaghetti, spinach, dry	0.00	--
20129	Wheat flours, bread, unenriched	0.00	--
20130	Barley flour or meal	0.00	--
20131	Barley malt flour	0.00	--
20132	Oat flour, partially debranned	0.00	--
20133	Rice noodles, dry	0.00	--
20134	Rice noodles, cooked	0.00	--
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0.00	--
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0.00	--
20138	Wheat, KAMUT khorasan, uncooked	0.00	--
20140	Spelt, uncooked	0.00	--
20142	Teff, uncooked	0.00	--
20316	Corn flour, whole-grain, white	0.00	--
20320	Cornmeal, whole-grain, white	0.00	--
20321	Pasta, cooked, enriched, with added salt	0.00	--
20322	Cornmeal, degermed, enriched, white	0.00	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.00	--
20420	Pasta, dry, unenriched	0.00	--
20421	Pasta, cooked, unenriched, without added salt	0.00	--
20422	Cornmeal, degermed, unenriched, yellow	0.00	--
20444	Rice, white, long-grain, regular, raw, unenriched	0.00	--
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.00	--
20446	Rice, white, long-grain, parboiled, unenriched, dry	0.00	--
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
20466	Semolina, unenriched	0.00	--
20481	Wheat flour, white, all-purpose, unenriched	0.00	--
20521	Pasta, cooked, unenriched, with added salt	0.00	--
20522	Cornmeal, degermed, unenriched, white	0.00	--
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.00	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.00	--
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.00	--
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0.00	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.00	--
20657	Pasta, gluten-free, corn and rice flour, cooked	0.00	--
21024	Fast foods, french toast sticks	0.00	--
21129	Fast foods, hush puppies	0.00	--
21248	WENDY'S, Frosty Dairy Dessert	0.00	--
21253	BURGER KING, WHOPPER, with cheese	0.00	--
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0.00	--
21270	TACO BELL, Taco Salad	0.00	--
21310	McDONALD'S, Barbeque Sauce	0.00	--
21311	McDONALD'S, Creamy Ranch Sauce	0.00	--
21313	McDONALD'S, Hot Mustard Sauce	0.00	--
21314	McDONALD'S, Spicy Buffalo Sauce	0.00	--
21315	McDONALD'S, Sweet 'N Sour Sauce	0.00	--
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.00	--
21321	McDONALD'S, Hotcakes (plain)	0.00	--
21324	McDONALD'S, Baked Apple Pie	0.00	--
21337	McDONALD'S, Peanuts (for Sundaes)	0.00	--
21343	McDONALD'S, Low Fat Caramel Sauce	0.00	--
21386	BURGER KING, french toast sticks	0.00	--
21388	Fast foods, miniature cinnamon rolls	0.00	--
21420	KFC, Coleslaw	0.00	--
21463	Yogurt parfait, lowfat, with fruit and granola	0.00	--
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.00	--
21610	School Lunch, chicken patty, whole grain breaded	0.00	--
22247	Macaroni and Cheese, canned entree	0.00	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.00	--
22899	Ravioli, cheese-filled, canned	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
22905	Beef stew, canned entree	0.00	--
22910	Lasagna, cheese, frozen, prepared	0.00	--
22914	Pasta with tomato sauce, no meat, canned	0.00	--
22917	Burrito, beef and bean, frozen	0.00	--
22919	Macaroni and Cheese, canned, microwavable	0.00	--
22928	Burrito, beef and bean, microwaved	0.00	--
22956	Lasagna, Vegetable, frozen, baked	0.00	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0.00	--
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.00	--
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.00	--
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.00	--
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.00	--
25000	Snacks, popcorn, microwave, 94% fat free	0.00	--
25001	Snacks, popcorn, microwave, low fat	0.00	--
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.00	--
25012	Snacks, sweet potato chips, unsalted	0.00	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0.00	--
25017	Formulated bar, POWER BAR, chocolate	0.00	--
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.00	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0.00	--
25024	Pretzels, soft, unsalted	0.00	--
25025	Snacks, soy chips or crisps, salted	0.00	--
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0.00	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	0.00	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0.00	--
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0.00	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	0.00	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0.00	--
25036	Snacks, granola bites, mixed flavors	0.00	--
25038	Snacks, granola bars, soft, almond, confectioners coating	0.00	--
25040	Snacks, vegetable chips, made from garden vegetables	0.00	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	0.00	--
25043	Snacks, candy bits, yogurt covered with vitamin C	0.00	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	0.00	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
25051	Snacks, CLIF BAR, mixed flavors	0.00	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	0.00	--
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0.00	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0.00	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0.00	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0.00	--
25059	Snacks, brown rice chips	0.00	--
25060	Snack, Pretzel, hard chocolate coated	0.00	--
25062	Snack, Mixed Berry Bar	0.00	--
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0.00	--
27046	Sauce, duck, ready-to-serve	0.00	--
27047	Sauce, salsa, verde, ready-to-serve	0.00	--
27048	Sauce, steak, tomato based	0.00	--
27050	Sauce, sweet and sour, ready-to-serve	0.00	--
27051	Sauce, cocktail, ready-to-serve	0.00	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.00	--
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.00	--
27056	Sauce, barbecue, BULL'S-EYE, original	0.00	--
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.00	--
27063	Sauce, enchilada, red, mild, ready to serve	0.00	--
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.00	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0.00	--
28290	Cookie, with peanut butter filling, chocolate-coated	0.00	--
28291	Cookies, animal, with frosting or icing	0.00	--
28292	Crackers, multigrain	0.00	--
28293	Cookie, butter or sugar, with chocolate icing or filling	0.00	--
28294	Cookie, chocolate, with icing or coating	0.00	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	0.00	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.00	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.00	--
28301	Cookies, peanut butter, commercially prepared, sugar free	0.00	--
28302	Cookies, graham crackers, plain or honey, lowfat	0.00	--
28303	Crackers, cheese, whole grain	0.00	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	0.00	--
28306	Bread, chapati or roti, plain, commercially prepared	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
28309	Cookies, coconut macaroon	0.00	--
28310	Cookies, shortbread, reduced fat	0.00	--
28311	Cookies, sugar wafer, chocolate-covered	0.00	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0.00	--
28313	Rolls, hamburger or hot dog, whole wheat	0.00	--
28315	Bread, cinnamon	0.00	--
28316	Bread, wheat, sprouted	0.00	--
28317	Bread, wheat, sprouted, toasted	0.00	--
28318	Bread, french or vienna, whole wheat	0.00	--
28319	Bagels, whole grain white	0.00	--
28320	English muffins, whole grain white	0.00	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	0.00	--
28322	Bagels, multigrain	0.00	--
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	0.00	--
28324	Pancakes, whole wheat, dry mix, incomplete	0.00	--
28325	Crackers, toast thins, low sodium	0.00	--
28327	Crackers, water biscuits	0.00	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	0.00	--
28350	Cookies, chocolate cream covered biscuit sticks	0.00	--
28351	Cookies, Marie biscuit	0.00	--
28352	Cookies, vanilla sandwich with creme filling, reduced fat	0.00	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.00	--
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	0.00	--
28397	Bread, multi-grain (includes whole-grain)	0.00	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.00	--
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.00	--
31033	Ginger root, pickled, canned, with artificial sweetener	0.00	--
31034	Peppers, hot pickled, canned	0.00	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.00	--
32000	Rice and vermicelli mix, beef flavor, unprepared	0.00	--
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0.00	--
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	0.00	--
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.00	--
32009	Pasta mix, classic beef, unprepared	0.00	--
32012	Pizza rolls, frozen, unprepared	0.00	--



NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	0.00	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	0.00	--
32019	Lasagna, cheese, frozen, unprepared	0.00	--
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.00	--
32024	Rice mix, cheese flavor, dry mix, unprepared	0.00	--
32025	Dumpling, potato- or cheese-filled, frozen	0.00	--
32029	Rice mix, white and wild, flavored, unprepared	0.00	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	0.00	--
35140	Bread, kneel down (Navajo)	0.00	--
35142	Frybread, made with lard (Navajo)	0.00	--
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.00	--
35183	Corn, dried, yellow (Northern Plains Indians)	0.00	--
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.00	--
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.00	--
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.00	--
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.00	--
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.00	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.00	--
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.00	--
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.00	--
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.00	--
42040	Syrups, grenadine	0.00	--
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00	--
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.00	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.00	--
42117	Imitation cheese, american or cheddar, low cholesterol	0.00	--
42119	Babyfood, banana juice with low fat yogurt	0.00	--
42120	Babyfood, mixed fruit juice with low fat yogurt	0.00	--
42129	Bologna, beef and pork, low fat	0.00	--
42131	Milk dessert, frozen, milk-fat free, chocolate	0.00	--
42135	Whipped topping, frozen, low fat	0.00	--
42136	Cream substitute, powdered, light	0.00	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0.00	--
42140	Salad dressing, italian dressing, reduced calorie	0.00	--
42141	Cream substitute, liquid, light	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	0.00	--
42150	Babyfood, apple yogurt dessert, strained	0.00	--
42151	Vegetable oil-butter spread, reduced calorie	0.00	--
42153	Salad dressing, blue or roquefort cheese dressing, light	0.00	--
42155	Cheese, monterey, low fat	0.00	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.00	--
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.00	--
42161	Bologna, beef, low fat	0.00	--
42171	Salad dressing, french dressing, reduced calorie	0.00	--
42178	Mayonnaise, made with tofu	0.00	--
42179	Frankfurter, beef, low fat	0.00	--
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	0.00	--
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.00	--
42186	Frozen yogurts, chocolate	0.00	--
42187	Frozen yogurts, flavors other than chocolate	0.00	--
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.00	--
42190	Pork sausage rice links, brown and serve, cooked	0.00	--
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.00	--
42193	Salad Dressing, mayonnaise-like, fat-free	0.00	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	0.00	--
42204	Rice cake, cracker (include hain mini rice cakes)	0.00	--
42205	Cheese, pasteurized process, cheddar or American, fat-free	0.00	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	0.00	--
42230	Salad Dressing, coleslaw dressing, reduced fat	0.00	--
42231	Oil, flaxseed, cold pressed	0.00	--
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.00	--
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	0.00	--
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	0.00	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0.00	--
42258	Cheese product, pasteurized process, cheddar, reduced fat	0.00	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	0.00	--
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	0.00	--
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	0.00	--
42266	Babyfood, juice, apple-sweet potato	0.00	--
42267	Babyfood, juice, orange-carrot	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
42270	Beverages, Orange juice drink	0.00	--
42272	Snacks, granola bar, with coconut, chocolate coated	0.00	--
42278	Babyfood, vegetable and brown rice, strained	0.00	--
42279	Babyfood, peas and brown rice	0.00	--
42280	Frankfurter, meat and poultry, low fat	0.00	--
42281	Gums, seed gums (includes locust bean, guar)	0.00	--
42283	Snacks, potato chips, white, restructured, baked	0.00	--
42284	Babyfood, baked product, finger snacks cereal fortified	0.00	--
42285	Babyfood, cereal, brown rice, dry, instant	0.00	--
42289	Oil, corn and canola	0.00	--
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.00	--
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	0.00	--
42303	Cheese, muenster, low fat	0.00	--
42304	Cheese, mozzarella, nonfat	0.00	--
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.00	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.00	--
42316	Babyfood, carrots, toddler	0.00	--
43016	Salad dressing, coleslaw	0.00	--
43017	Salad dressing, green goddess, regular	0.00	--
43019	Salad dressing, sweet and sour	0.00	--
43021	Salad dressing, caesar, low calorie	0.00	--
43026	Syrups, sugar free	0.00	--
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.00	--
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.00	--
43031	Candies, chocolate covered, caramel with nuts	0.00	--
43046	Candies, nougat, with almonds	0.00	--
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0.00	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	0.00	--
43060	Chewing gum, sugarless	0.00	--
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.00	--
43078	Beverage, milkshake mix, dry, not chocolate	0.00	--
43098	Pie fillings, cherry, low calorie	0.00	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	0.00	--
43109	Pretzels, soft	0.00	--
43112	Beans, chili, barbecue, ranch style, cooked	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
43114	Vermicelli, made from soy	0.00	--
43128	Chicken, meatless	0.00	--
43130	Frankfurter, meatless	0.00	--
43131	Luncheon slices, meatless	0.00	--
43132	Meatballs, meatless	0.00	--
43134	Vegetarian fillets	0.00	--
43135	Sandwich spread, meatless	0.00	--
43137	Vegetarian meatloaf or patties	0.00	--
43142	Radishes, hawaiian style, pickled	0.00	--
43143	Cabbage, japanese style, fresh, pickled	0.00	--
43144	Cabbage, mustard, salted	0.00	--
43146	Eggplant, pickled	0.00	--
43154	Alcoholic beverage, wine, cooking	0.00	--
43155	Alcoholic beverage, wine, light	0.00	--
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00	--
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	0.00	--
43212	Bacon bits, meatless	0.00	--
43214	Butter replacement, without fat, powder	0.00	--
43215	Salad dressing, buttermilk, lite	0.00	--
43216	Sweeteners, tabletop, fructose, dry, powder	0.00	--
43217	Tomato sauce, canned, no salt added	0.00	--
43218	Cereals ready-to-eat, ALPEN	0.00	--
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	0.00	--
43261	Yogurt, fruit variety, nonfat	0.00	--
43268	Whipped cream substitute, dietetic, made from powdered mix	0.00	--
43273	Cheese, cottage, with vegetables	0.00	--
43275	Cheese, pasteurized process, American, low fat	0.00	--
43276	Cheese spread, cream cheese base	0.00	--
43278	Cheese, american cheddar, imitation	0.00	--
43283	Pheasant, cooked, total edible	0.00	--
43297	Pork, oriental style, dehydrated	0.00	--
43299	Soybean, curd cheese	0.00	--
43311	Potatoes, canned, drained solids, no salt added	0.00	--
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.00	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
43326	Pork, cured, ham, low sodium, lean and fat, cooked	0.00	--
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	0.00	--
43331	Salad dressing, bacon and tomato	0.00	--
43340	Cheese, parmesan, low sodium	0.00	--
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.00	--
43346	Frozen novelties, juice type, orange	0.00	--
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.00	--
43355	Mayonnaise, low sodium, low calorie or diet	0.00	--
43364	Snacks, tortilla chips, unsalted, white corn	0.00	--
43365	Tomato and vegetable juice, low sodium	0.00	--
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.00	--
43379	Cheese, pasteurized process, swiss, low fat	0.00	--
43382	Cranberry juice, unsweetened	0.00	--
43384	Beef, bologna, reduced sodium	0.00	--
43387	Turnip greens, canned, no salt added	0.00	--
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.00	--
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.00	--
43398	Cheese, pasteurized process, cheddar or American, low sodium	0.00	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.00	--
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.00	--
43405	Cheese, swiss, low sodium	0.00	--
43406	Yeast extract spread	0.00	--
43408	Babyfood, juice, pear	0.00	--
43410	Chicken, meatless, breaded, fried	0.00	--
43441	Rolls, pumpernickel	0.00	--
43447	Snacks, corn-based, extruded, chips, unsalted	0.00	--
43449	Beans, baked, canned, no salt added	0.00	--
43450	Frozen novelties, juice type, juice with cream	0.00	--
43476	Tofu yogurt	0.00	--
43479	Alcoholic beverage, rice (sake)	0.00	--
43483	Millet, puffed	0.00	--
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	0.00	--
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.00	--
43507	Frankfurter, low sodium	0.00	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00	--

NDB_No	Description	20:4 undifferentiated(g) Value Per	20:4 n-6(g) Value Per
43523	Babyfood, mixed fruit yogurt, strained	0.00	--
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	0.00	--
43529	Babyfood, rice and apples, dry	0.00	--
43535	Babyfood, juice, apple - cherry	0.00	--
43536	Babyfood, dessert, peach yogurt	0.00	--
43537	Babyfood, dessert, blueberry yogurt, strained	0.00	--
43539	Babyfood, dessert, banana yogurt, strained	0.00	--
43541	Ice creams, chocolate, rich	0.00	--
43543	Milk, imitation, non-soy	0.00	--
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	0.00	--
43546	Babyfood, banana no tapioca, strained	0.00	--
43550	Babyfood, banana apple dessert, strained	0.00	--
43566	Snacks, tortilla chips, light (baked with less oil)	0.00	--
43572	Popcorn, microwave, low fat and sodium	0.00	--
43585	Babyfood, fruit supreme dessert	0.00	--
43589	Cheese, swiss, low fat	0.00	--
43595	Breakfast bar, corn flake crust with fruit	0.00	--
43597	Cheese, mozzarella, low sodium	0.00	--
43598	Mayonnaise dressing, no cholesterol	0.00	--
44005	Oil, corn, peanut, and olive	0.00	--
44018	Sweeteners, tabletop, fructose, liquid	0.00	--
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.00	--
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0.00	--
44110	Jellies, reduced sugar, home preserved	0.00	--
44158	Pie fillings, blueberry, canned	0.00	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.00	--
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	0.00	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.00	--
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.00	--
90480	Syrup, Cane	0.00	--
90560	Mollusks, snail, raw	0.00	--